

SPECIAL EDITION >> TEACH YOUR KIDS TO LOVE VEGGIES! P28

# Clean Eating

*Improving your life one meal at a time.*

Recipes to help you

**EAT CLEAN,  
FEEL GREAT!**

**5** FAMILY-FRIENDLY  
BUDGET  
RECIPES  
P76

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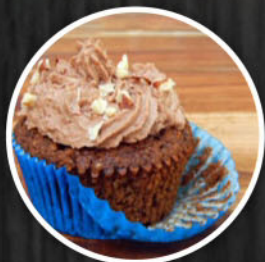
**How To Survive**

**YOUR NEXT  
KIDS PARTY!**

P64

**KID-APPROVED  
EATS**

P32



**HEALTHY HAZELNUT**  
Cupcakes



**BAKED NOT FRIED**  
Crispy Fish Burgers



**SOFT DRINK IS OUT**  
Watermelon is in

**SATISFY YOUR SWEET TOOTH** WITH SALTED  
CARAMEL COOKIES P98

MAR/APR 2015  
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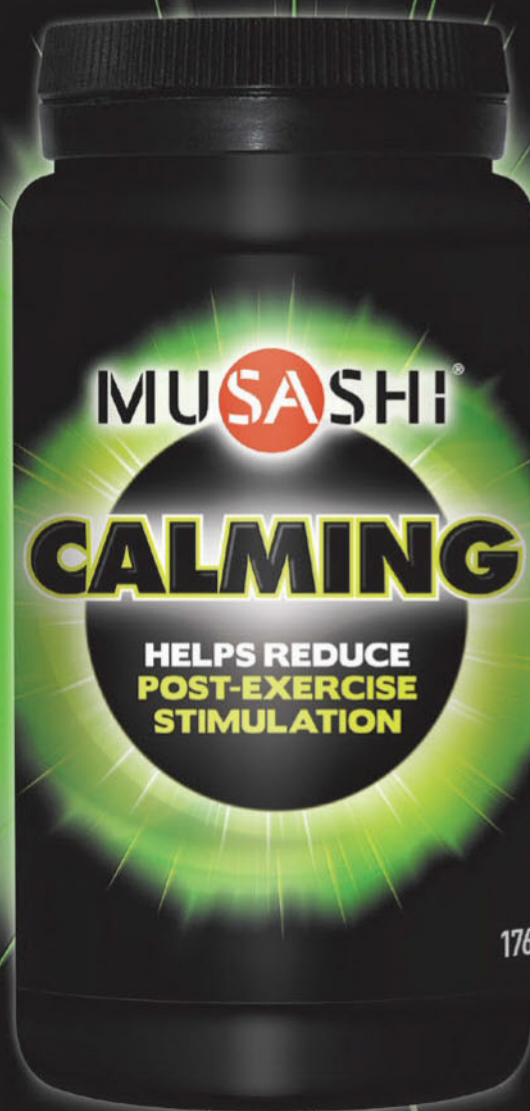
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TO GET TO SLEEP?**



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Being a Natural Figure Champion and now new mum working full time, MUSASHI Calming delivers a natural boost to my everyday nutrition, which allows me to keep up with the ongoing demands of my hectic lifestyle.

*Lindy*

**LINDY OLSEN**  
Editor Clean Eating Magazine and 5 x Miss World Champion



For more information on MUSASHI please visit  
[www.musashi.com.au](http://www.musashi.com.au)



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# Clean Eating

Improving your life one meal at a time.

MAR/APR 2015



COVER PHOTOGRAPHY BY GIBSON & SMITH

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## editor's letter

# THE THREE Cs

I know I'm not alone in feeling like life just keeps getting busier, and as much as I enjoy every minute in my kitchen, mid-week meal prep is all about the three Cs: CLEAN, CONVENIENT and COST-EFFECTIVE. Actually, if I could add a 'P' to this list it would stand for PEACEFUL, because the last thing I want to endure at dinnertime is a battle of wills between my desire for my kids to eat their vegetables, and their desire not to!

Vegetables. It's safe to say they're the parental struggle of this century. During my time in the wellness industry I've met countless parents fed up and desperate for answers on how to get their kids to eat healthy. Since starting a family of my own, one of my greatest passions has become growing a healthy food culture in my home and raising my kids to enjoy whole food, whilst educating the community and helping other parents do the same. My goal is always to make clean eating simple, desirable, fun and tasty for the entire family, and no longer an arduous chore. In fact coming up with and sharing ingenious ways to make healthy food taste delicious is one of my favourite things to do!


It's not our fault we've become a society hooked on artificial tastes, accustomed to food with little nutritional value. The way our food is processed, packaged and marketed today makes understanding how to choose healthy options a minefield of deception. With our landscape of fast food, inspiring our cheeky little cherubs to fall in love with whole food can absolutely be a challenge, but educating the next generation on how to prepare and enjoy whole food is essential for our future. With diet-related diseases skyrocketing out of control, continuing in our current trend will unwittingly shorten the lives of our children.

It's not just getting our kids to EAT healthily that's important; it's teaching them how to prepare it. Over the past 50 years the fast food industry has

dismantled our culture of home cooking, and it's time to reclaim it! A great determiner of our health is not necessarily what we eat, but who we let cook it. In fact poorer communities who cook their own food generally enjoy greater health than wealthier ones who don't. I try to take the pressure out of this extra responsibility by setting aside just one moment a week where the kids can get 'hands on' in the kitchen.

We all want what's best for our children but our budgets can only stretch so far! There's a mistaken belief that healthy eating is expensive. We'll show you how you don't need to remortgage your home to enjoy the benefits of whole food! Sure, exotic super foods can hit the wallet hard, but eating from your own backyard (such as local farmers markets) is actually cheaper than buying fast food. We show you how to eat clean on a shoestring, plus family-friendly recipes to go along with your bargain fresh produce.

With plenty of kid-friendly tips, kid-approved eats and even party survival tactics, plus loads of budget-friendly and time-saving recipes; this issue will definitely equip your family with the know-how on preparing meals that are CLEAN, CONVENIENT and COST-EFFECTIVE!

My hope is that we can build a community supporting one another in creating healthy sustainable lifestyle practices. We would love to hear from you on your successes in transforming the food culture in your home, and of course any areas we can continue to support you in. 

Yours in health and happiness,

x Kira



PHOTO CREDIT: SHUTTERSTOCK.COM



# Clean Eating

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## Kira Westwick

Kira is a dedicated mother, wife, business owner and certified nutrition coach. She combines her love of family and food with her passion and knowledge for health and fitness to create delicious clean recipes you can make at home for the whole family. The appeal of her healthy lifestyle tips and recipes is in their pleasurable simplicity and convenience. Kira believes that

life is to be lived energetically and joyfully, without deprivation, especially when it comes to food! For more on Kira visit [www.kirawestwick.com.au](http://www.kirawestwick.com.au)



## Jill Silverman Hough

A culinary instructor, recipe developer and most recently co-author of *The Clean Plates Cookbook: Sustainable, Delicious, and Healthier Eating for Every Body*, Hough takes great enjoyment in helping readers create cleaned-up versions of popular international dishes at home with ease. For more of her recipes, visit [jillhough.com](http://jillhough.com)



## Sarah Tuff

Sarah Tuff writes about nutrition, health, fitness, travel and adventure from her home in Vermont. Her work has appeared in *The New York Times*, *Women's Health* and *Runner's World*, among other publications. Tuff is also editor-in-chief of *Ski Racing* magazine, the co-author of *101 Best Outdoor Towns*, the mother of two kids and an avid endurance athlete.



## Alex Austin

With a love for serious fitness and a curiosity for everything and anything related to human performance, Alex is an author and marketing specialist who is passionate about the health & fitness industry. She stays up-to-date with the latest research and information from around the world, and enjoys implementing new knowledge, skills and techniques into her own diet and training regime. You can get in contact or enquire about working with Alex at [www.ajsocial.net](http://www.ajsocial.net)



**PLEASE NOTE:** All readers are advised to consult their physician before beginning or adding a new fitness regimen or changing their diet. Clean Eating does not accept any responsibility for injury sustained as a result of following the advice or suggestions contained within the content of this magazine.



## KEEP IT CLEAN

Nutra Organics' all new Clean Energy range is available in two unique blends, Apple + Mint or Lemon + Lime. Nutra Organics is an Australian family business, dedicated to bringing you "Nutrition Today for a Healthy Tomorrow". Nutra Organics products are unique and 100 per cent clean superfood formulations, wholefood bars and pantry staples packed with the wholesome goodness and essential nutrition many of us are missing in our modern lives.

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From our family to yours we have formulated a range to give you the best bang for your buck in terms of nutritional content and easily added to your daily menus to fit into your busy life. Whether you are a family on the go, a corporate executive, a stay-at-home parent or retiree, with Nutra Organics you can rest assured your body will maintain good levels of vitamins, minerals, antioxidants and enzymes.

**Join our growing Nutra Organics community today and share the Nutra Love! Nutra Organics has 20 clean energy blends to choose from. To view the full range please visit [www.nutraorganics.com.au](http://www.nutraorganics.com.au)**

## NOURISH. THRIVE. REPEAT

With a tagline like 'Nourish. Thrive. Repeat.' we know that Caveman Kitchen have their priorities straight! Delivering direct to your door pre-made, primal meals that are free from gluten, grains and dairy, and made with the best quality grass-fed, free-range and local produce! With a mission to nourish the time-poor, eliminate the 'eat crap or go hungry' dilemma, and give you your weekends back, there's no better way to ensure that what you're putting in is properly fuelling you for your clean eating lifestyle.

**Visit us at**  
[www.cavemankitchen.com.au](http://www.cavemankitchen.com.au)



## RESPONSIBLE SEAFOOD

Safcol Tuna Meals are a convenient, responsibly fished snacking alternative to ensure you stay eating healthy while on the go. Available in Spicy Thai, Mexican, Italian and Spanish flavours.

Safcol Tuna meals have been created with Australian taste profiles in mind, and Guy Leech (Australia's number one fitness guy), and his team of dieticians have advised

on the formulations from a health perspective.

The Safcol Tuna meals are packed in a 110g bowl ready to eat on the go, which fits our hectic lifestyles perfectly! Convenience, health and taste in one 110g bowl, with a recommended retail price of \$2.49 each.

**For more information visit**  
[www.safcol.com.au](http://www.safcol.com.au)





## JUICE FOR HEALTH

Juice your way to good health with a Kuvings Whole Slow Juicer, the first cold press juicer in the world that can juice whole fruit and vegetables! This means less preparation, which saves you time! The Kuvings powerful motor can produce a glass of juice in seconds. It will retain more nutrients and enzymes, which will last up to 72 hours if stored in a glass sealed bottle in the fridge. Kuvings offers a 20-year warranty on the motor and five years on the parts.

For more information go to [www.kuvings.net.au](http://www.kuvings.net.au)  
RRP: \$599

## SELECT THE BEST

Professional Whey's SELECT WPC is one of the very few whey protein powders in the world today that is soy-free but still mixes easily with the aid of sunflower lecithin. It is a high-protein whey protein concentrate sourced from dairy cows that live on New Zealand's green pastures all year round.

The whey is processed at a low temperature to enable the protein to offer immune boosting whey micro-fractions. The flavoured varieties are made with organic flavours and natural sweeteners making it a tasty and healthy alternative to the many artificially laced protein powders on the market today.

Find SELECT WPC exclusively online at [www.professionalwhey.com.au](http://www.professionalwhey.com.au).

RRP: \$28.95 (1kg) with bulk discounts available.



ating  
ews



## STRIP IT BACK

The Naked Co Whey Protein Isolate is produced from New Zealand grass-fed dairy cows, free from growth hormones and other nasties. It is cold processed, creating an un-denatured, high quality, easily digestible protein with an unmatched amino acid profile compared to others on the market. No more than two organic ingredients are added to any of their three WPI

products: cinnamon from India, vanilla beans from Madagascar and raw cacao from Peru. Each flavour is complemented with a small amount of stevia and tastes great with water, added to shakes or included in raw recipes.

Not sure if The Naked Co WPI is for you? Samples are available from [www.thenakedco.com.au](http://www.thenakedco.com.au)  
RRP: \$63.99

## GREEN TEA MEETS MANGO

Are you excited to try the new Green Tea X50 Mango flavour? It's 2015 people: sugar-filled soft drinks and energy drinks are out... Green Tea X50 is in!

Green tea and resveratrol are superfoods known for

their antioxidant value, and Green Tea X50 takes the best of both to make a natural healthy energy drink. With up to 20 cups of green tea per serve, Green Tea X50 tastes great icy cold. Everyone's favourite. Drink it all day. Comes with the

Accelerated Weight Loss Programme to get the body you have always wanted and guarantee weight loss, FREE! 60 sachets of the best tasting green tea ever!

[www.greenteax50.com.au](http://www.greenteax50.com.au)  
RRP: \$49.95



## THE SCIENCE OF “HANGRY”

BY JONNY BOWDEN

Most of us know the health dangers of high (and low!) blood sugar, but did you know that your blood sugar could be affecting your marriage?

New research on how blood sugar is connected to anger shows that those with low blood sugar levels are significantly more likely to be aggressive toward their significant other. Researchers gave over 100 married couples voodoo dolls symbolising their mates, and asked the subjects to stab the doll whenever they felt angry (a peaceful exercise, no doubt). The lower their blood sugar, the more aggressive they were, and the more likely they were to stab the doll. The researchers also referred to the phenomenon by the slang term


“hangry” – surprise, this isn’t a term your teenager invented! “We found that being ‘hangry’ can affect our behaviour in a bad way, even in our most intimate relationships,” said lead researcher Brad Bushman, PhD, in a press release from Ohio State University. The moral of the story? Eat small portions of healthy food regularly throughout the day and don’t let your blood sugar drop to the point where you’ll stab someone if you don’t eat a sandwich!



chew on this  
(no.)

172

### Choose organic tempeh over tofu when possible.

Unlike tofu, tempeh is made of fermented soybeans, which are loaded with good gut bacteria that improve digestion. 





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**TRAIN HARD. EAT CLEAN.**



SOMETHING FOR THE KIDS...

## GRAZING TRAYS

Grazing trays are a valuable tool for inspiring kids to fall in love with whole food, because they are fun and give children a sense of variety, independence and empowered choice, which is integral for building a long-lasting positive relationship with healthy eating. They also encourage children to try new flavours, textures and colours in an unintimidating and colourful way. They are perfect for busy families, because children can graze all day long from the one tray, saving lots of time in the kitchen.



### Kira's 'Grazing Tray' Tips

- Include a variety of food groups such as yummy chopped fruits, vege sticks, nuts and seeds, healthy dips, brown rice crackers, organic cheese, muesli, mini wholegrain sandwiches or wraps, organic popcorn, beans and chickpeas, cherry tomatoes, berries, olives, hummus, nut butter or yoghurt for dipping and wholesome sometimes foods such as homemade cookies or raw chocolate balls.
- Muffin trays and large ice cube trays make the perfect grazing trays
- Let each child create their daily grazing tray, making selections for each food group – they love the feeling of control
- Perfect for play dates when there are extra mouths to feed
- Introduce them as early as possible for the best results ce

PHOTO CREDIT: KIRA WESTWICK



# HEALTHY, PRIMAL MEALS DELIVERED FRESH

## NEVER FROZEN!

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At Caveman Kitchen we strive to nourish the time poor, eliminate the 'eat crap or go hungry' dilemma, and make convenience and health two words that can actually go together!

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Learn more at [www.cavemankitchen.com.au](http://www.cavemankitchen.com.au)



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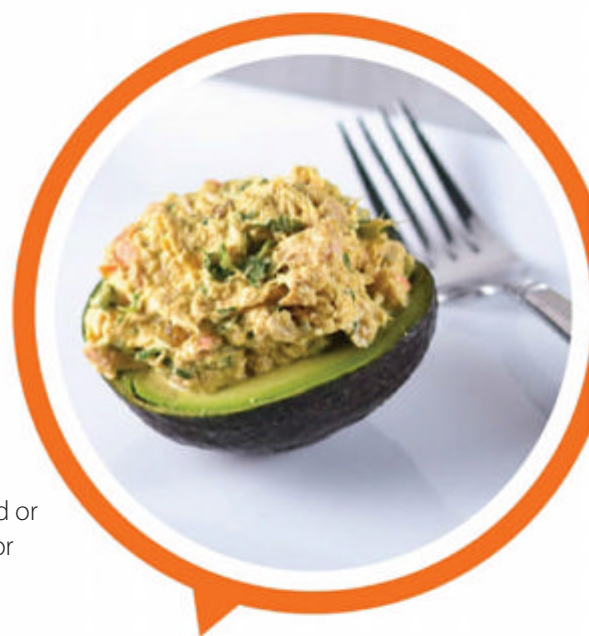




**HEALTHY PICK:** Store leftover tuna in a glass container for optimal freshness and flavour!

# Leftover Tuna

Highly versatile and packed with filling protein, BPA-free canned or packet tuna is the perfect pantry staple – but finding a use for the leftovers can be difficult. Here's how to stop that last bit of tuna from haunting the back of your fridge.



## SPICY SPAGHETTI AL TONNO

**SERVES 1.** In a pan, heat 1 tsp **olive oil** on medium. Add 2 tbsp finely chopped **yellow onion** and sauté for 4 minutes. Add 2 cloves **garlic**, minced, 1 tbsp **no-salt-added tomato paste** and ¼ tsp **red capsicum flakes** and sauté for 1 more minute. Add ½ cup drained **BPA-free canned or packet wild albacore tuna** and ½ cup **BPA-free canned or boxed diced tomatoes (with juices)**, 2 tbsp water, 1½ tsp **fresh lemon juice** and **fresh ground black pepper**, to taste. Bring to a simmer and cook until thick and heated through, about 5 minutes. Stir in 1 tbsp minced **fresh Italian parsley** and 1½ tsp drained **capers**. Add 1 cup cooked **spaghetti** and toss to combine.

**BENEFIT:** Small but mighty, capers are packed with disease-fighting antioxidants. These edible flower buds have been shown to prevent the oxidation of fats in your body, which is a harmful by-product of digestion.

## CREAMY TONNATO DIP

**MAKES ½ cup.** In a food processor, blend ½ cup drained **BPA-free canned or packet wild albacore tuna**, 2 **anchovies**, 2 tbsp each **fresh lemon juice**, **olive oil mayonnaise** and **olive oil** and 1 tsp drained **capers** until smooth, stopping to scrape down bowl as needed. Serve with sliced vegetables. Cover and refrigerate for up to 2 days.

**BENEFIT:** Traditionally served over cold red meat, tonnato sauce is packed with protein, making it a perfect filling dip for your mid-afternoon veggie snack. Our version is loaded with 10 grams of protein per serving – that's 20% of your daily need!



## CURRIED TUNA AVOCADO SALAD

**SERVES 2.** In a medium bowl, mix ½ cup drained **BPA-free canned or packet wild albacore tuna**, 2 tbsp peeled and grated **carrot**, 1½ tbsp sliced **shallots** (white/light green parts only) and 1 tbsp each **unsweetened raisins** and chopped **fresh coriander**. In a jar with a tight-fitting lid, combine ¼ cup **1% plain Greek yoghurt**, 1 tbsp **fresh lemon juice**, 1 tsp **raw honey**, ½ tsp **curry powder** and pinch each **ground cayenne pepper** and **sea salt** and shake until smooth. Add to tuna mixture and stir to combine. Spoon over 2 pitted **avocado** halves.

**BENEFIT:** Shallots, or spring onions, are immature versions of standard red, yellow or white onions, and are picked when their flavour is sweetest and nutrients are at their peak. They pack in all of the anti-inflammatory properties of mature onions, plus they contain even higher levels of folate and vitamin C.



# SAFCOL



## INTRODUCING *Tuna Meals*

*A whole world of  
Healthy Ready to Eat Snacks  
in 4 delicious flavours*



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#### FEATURES

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Guy Leech  
Healthy eating and  
Safcol Brand Ambassador





DIY 

# DEODORANT

Make the switch from antiperspirant to our lovely aluminum-free lavender deodorant you can easily whip up at home. **This is clean living!**

BY LAUREN TOYOTA

## RECIPE

### ALL-NATURAL LAVENDER DEODORANT

MAKES 1/3 CUP.

Do a basic Internet search and you'll find all kinds of inconclusive information about antiperspirant and deodorant being linked to breast cancer. It's neither proven nor disproven, so why take the chance using the expensive store-bought brands when you can whip up enough deodorant to last 3 to 4 months in as little as 30 minutes!

## INGREDIENTS:

*Organic ingredients are preferred.*

- › 3 tbsp virgin coconut oil
- › 2 tbsp shea butter
- › 2 tbsp arrowroot powder
- › 3 tbsp baking soda
- › 5 drops 100% tea tree oil
- › 5 drops lavender essential oil (or scent of your choice)





**INSTRUCTIONS:**

**one** Using a double boiler or a pot with a heat-safe bowl on top, melt coconut oil and shea butter together. Stir or whisk until combined and no solid pieces remain.

**two** Remove bowl from heat and whisk in arrowroot powder and baking soda.

**three** Once mixture is combined and smooth, drop in tea tree oil and lavender oil, and whisk a few more times.

**four** Clean out an old deodorant stick (since you're not going to use that brand any more!) and pour the mixture into it just below the top.

**five** Place stick in the freezer for 10 minutes to solidify. It will remain solid at room temperature once it's settled.

**TIPS & TRICKS**

Switching from antiperspirant to a natural deodorant will take some adjusting because your body needs to sweat out those old toxins. In 2 to 3 weeks, you'll notice a fresh, clean difference under your arms. It's worth the wait, so stick with it.



**Lauren Toyota** is a Canadian television personality, hobby cook and blogger. She and her partner spend their free time in the kitchen creating tasty recipes and advocating a clean lifestyle through their blog, **hotforfoodblog.com**. Aside from what's on your plate, Toyota believes that what you put on your body is just as important. On their blog, you'll find quick and easy ideas to transform your life with do-it-yourself, all-natural cleaning and beauty product recipes. She hopes their blog will inspire and motivate people to live a clean, healthy and cruelty-free life.



bits 'n' bites

# 3-INGREDIENT DOG TREATS

A sweet snack you can whip up in minutes to reward week after week of good behaviour.

RECIPE AND IMAGE BY [DOGGIEDESSERTCHEF.COM](http://DOGGIEDESSERTCHEF.COM)

## Peanut Butter Apple Cookies

MAKES 2 TO 3 DOZEN BONES.

### INGREDIENTS:

- › ½ cup unsweetened applesauce
- › ½ cup natural unsalted peanut butter
- › 1 cup whole-wheat flour

### INSTRUCTIONS:

*one* Preheat oven to 175°C and line a large baking tray with parchment paper or a silicone baking mat. (**NOTE:** You may need to bake in batches or use multiple sheets.)

*two* In a large bowl, mix together applesauce and peanut butter. Add flour and mix again until well combined.

*three* Knead dough into a ball, turn out onto a floured surface and roll into 5mm-thick

thickness. Cut with biscuit cutter of your choice; poke with a fork to prevent air bubbles.

*four* Place on prepared baking sheet and bake for 10 to 15 minutes or until browned at the edges. Cool and refrigerate.



**\*NOTE:** When introducing new foods to your pets, CE recommends first giving them a small amount and keeping an eye out for possible allergic reactions. As always, while you are trying to make a healthier choice for your pet, you may wish to consult with your veterinarian first. They can also inform you of specific breed requirements for a healthy diet.



PHOTO PATRYKASWIDER/SHUTTERSTOCK.COM

## QUANTITY vs VARIETY

Most health professionals recommend we eat a wide variety of fruits and vegetables for good health. But how much does “variety” really matter? What if your tastes were limited to a couple of standard vegetables and maybe a fruit or two? Researchers recently investigated this very question and what they found was somewhat surprising. The total quantity of fruits and vegetables seemed to matter even more than variety did. Those in the highest 20% of fruit and vegetable intake overall had a 17% lower risk of coronary heart disease compared to those with the lowest consumption, and it didn’t matter how much variety there was in their intake, but citrus fruits, green leafy vegetables and fruits and vegetables with a high vitamin C content seemed to rise above the rest. CE’s advice: go for variety, but remember that the total amount of fruits and vegetables consumed seems to matter the most. 🍎





# We Hear You!

Tell us what you thought of this issue.  
Visit our Facebook page and leave your mark  
on our wall – or tweet us @cleaneatingmagaus!



**"Ever since I started eating clean, I've found that I have so much more energy and it's easier to lose weight."** – Chris Ball

## LETTER OF THE MONTH

### MAKE IT POP!

Roomie @KimGoughnour and I are so psyched to try the Greek Yoghurt Berry Ice Pops (p. 25, Jan/ Feb 2015) we made from this month's @cleaneatingmagaus!  
– @thatgirlmegan, via Twitter



## HEALTHY INSPIRATION

I stumbled across *Clean Eating Australia* magazine one day and have been a huge fan and follower ever since! Your magazine is so beautifully inspiring and the content is creative yet easy to follow. You have truly defined yourself in the healthy-cooking world!

– Janine Shaw

ORDER BACK ISSUES OF CLEAN EATING AT  
CLEANEATING.COM.AU

## DREAMING OF CLEAN EATS

Love when my @cleaneatingmagaus comes in the mail. I'll be dreaming of yummy food tonight. #eatclean #homemade #fitkeri  
– @FitKeri, via Twitter



### CRAVING CALAMARI

Sounds delicious! I absolutely love your posts - gives me so many healthy eating cooking ideas! Thank you

– Faye Kazas Lawal via Facebook

### MORNING BLISS

Perfect morning. Kids are still sleeping, sounds of birds chirping, sun is shining, hot water infused with pineapple, fresh-cut flowers from Mum's garden and reading my *Clean Eating* magazine and *Eat to Live* book.

– @missionfitchick, via Instagram

### WE ASKED HOW YOU LIKE TO EAT YOUR QUINOA, YOU SAID:

Quinoa salad!! Yum

– Molly Sullivan-Stevens via Facebook



SHARE YOUR RECIPE SNAPS ON INSTAGRAM  
WITH HASHTAG #CleanEatingMagAus





what's on

# WHAT'S ON



Vineyard, Northdown, TAS

## Devonport Food and Wine Festival / Taste the Harvest

DEVONPORT, TASMANIA | MARCH

A delicious program of events makes March a great time to explore Devonport. The Devonport Food and Wine Festival is a month-long celebration of the region's local cuisine and produce. Cooking classes, cooking competitions, exotic barbecues, family picnics, wine and beer tastings, dinners by celebrity chefs, indulgent lunches in vineyards and other special

events are just some of the gourmet experiences on offer. The Taste the Harvest festival on March 7-8 also celebrates the diversity of produce available on Tasmania's North West Coast. This family-friendly event features children's activities and live entertainment, along with cooking demonstrations and local produce.

Visit [www.festivale.com.au](http://www.festivale.com.au) for more information

## Kangaroo Island Seafood 'FEASTival'

KANGAROO ISLAND, SOUTH AUSTRALIA | MAY 1-8

The Kangaroo Island Seafood 'FEASTival' is a celebration of fine seafood and Kangaroo Island's famous local gourmet produce and wine. A range of separate dining events are held over a week at stunning seaside settings around the island. Indulge yourself with degustation dining events, campfire cooking and seafood barbecues by the sea. There are also master class demonstrations and exclusive dinners with celebrity chefs. Each event provides a unique opportunity to enjoy Kangaroo Island's natural wilderness, wildlife and lifestyle, meet the producers, and taste the organically grown produce, fresh seafood, meats, cheeses and wines for which the region is renowned.

For more info, visit [www.tourkangarooisland.com.au/kifeastival](http://www.tourkangarooisland.com.au/kifeastival)



## Taste of Sydney

SYDNEY, NEW SOUTH WALES | MARCH 12-15

Taste of Sydney is an annual celebration of the diverse and delectable restaurant and food scene in Sydney. The event transforms Sydney's Centennial Park into one of the world's largest outdoor restaurants. Here you can sample tastes from Sydney's culinary elite as Sydney's latest and best restaurants and their chefs cook for thousands of food lovers over four days. The event also features wines, champagne, beer and produce from more than 120 of Australia's finest boutique producers. Taste of Sydney also presents a line-up of innovative and interactive programs on cooking and dining as well as live entertainment throughout the festival.

For more info, visit [www.tasteofsydney.com.au](http://www.tasteofsydney.com.au)







Orange FOOD Week, Orange, NSW



## Orange FOOD Week ORANGE, NEW SOUTH WALES | APRIL 10-19

Each April, the regional NSW centre of Orange plays host to ten days of divine fresh food and wine at the Orange F.O.O.D (Food of Orange District) Week. Just three and half

hours from Sydney, visitors can savour the region's famous fresh flavours and meet the people who create them at more than 60 events. Have breakfast in the vineyards,

wander the apple orchards or take a cooking class in one of the acclaimed local restaurants. Attend a degustation dinner or a masquerade party. When the official

events finish, venture further and explore the area's internationally renowned cool-climate wineries.

For more info, visit [www.orangefoodweek.com.au](http://www.orangefoodweek.com.au)

Wine Tasting, Adelaide Hills, SA



## Tasting Australia

ADELAIDE, SOUTH AUSTRALIA  
APRIL - MAY

Tasting Australia is an internationally successful food and wine festival held over eight days in April and May. Until now a biennial event, organisers have just announced that from 2016 the festival will become an annual fixture. The program includes hands-on cooking classes, celebrity cooking demonstrations with local chefs and international culinary celebrities. Indulge in a long lunch in the vineyards or a degustation dinner prepared by different chefs. Visit farmers' markets and join the celebrations along Adelaide's picturesque riverbanks. Wine is also a focus of the festival, with wine regions such as the Barossa Valley, McLaren Vale, Clare Valley, Coonawarra and Adelaide Hills offering tastings, wine auctions and food and wine master classes.

For more info, visit [www.tastingaustralia.com.au](http://www.tastingaustralia.com.au)



MAKE YOUR OWN

## What You'll Need:

Fork or citrus squeezer

Glass measuring cup

Chef's knife

Cutting board

Large non-reactive bowl (such as stainless steel, glass or ceramic)

Wooden spoon

Colander

Chilled serving bowls or glasses

# CEVICHE

**Fresh raw fish is cured in citrus juice and combined with flavourful fruits, veggies and herbs for a most spectacular summer seafood dish.**

BY LAURA WALSH, PHOTOGRAPHY BY GIBSON & SMITH

**L**ight yet boldly flavoured, ceviche is the perfect way to kick off summer. This fresh fish dish makes for a palate-pleasing appetiser or a vibrant entrée salad.

If you've ever let prawns or other tender proteins sit in an acidic marinade for too long – resulting in overcooked seafood once they have been grilled or sautéed – you've been halfway to making ceviche. A popular dish in South America, ceviche is fish or seafood "cooked" only by the acid of citrus juice and then mixed with bite-size chopped vegetables and fruits and served chilled. The acid in the citrus juice denatures the proteins and makes them firm and

white, producing an effect that is similar to cooking over heat. The result is perfectly tender, clean-tasting fish that has all the punch and crunch of fresh-made salsa but with more substance. One note of caution, however, is that ceviche does present a higher risk for food-borne illness since heat (which is lacking here) is a great way to kill bacteria. But you can avoid the risk and serve ceviche with confidence by purchasing fresh (not frozen) fish and seafood from a reputable seller, buying sushi-grade options whenever possible, making and serving ceviche the same day you buy the ingredients, and keeping everything chilled from purchase until presentation.

FOOD STYLING BY MARIANNE WREN, PROP STYLING BY GALLIMAUFERY, PREP SHOT PHOTOGRAPHY BY LAURA WRIGHT



Traditional Peruvian ceviche is made with white fish, lime juice, chillies, coriander and a topping of thinly sliced onions next to sides of sweet potatoes and roasted corn. Ecuadorian ceviche, served with popcorn, often calls for prawns and onions and is more soup-like, as the citrus juice is not drained away before serving. In North America, chefs have added their own flair to ceviche by mixing in everything from berries and avocados to mussels and squid. Try our fresh takes on ceviche or try your very own creation. Because of its lightness and cool temperature, ceviche has become standard fare at beachside restaurants. The ease and speed at which it can be prepared makes ceviche an equally appropriate dish for a casual summer get-together in your own kitchen or patio. We're looking forward to many ceviche nights this summer. Are you?

**TIP:** For an appetiser, serve ceviche with corn chips or crackers for dipping. As a main dish, ceviche is excellent served over a bed of mixed greens.

## Tomato Jalapeño Ceviche

**SERVES 8. HANDS-ON TIME: 25 MINUTES.**  
**TOTAL TIME: 35 MINUTES.**

### INGREDIENTS:

- 450g boneless, skinless cod fillets, cut into 1cm cubes
- ¾ cup fresh lime juice (about 6 limes)
- Pinch sea salt or kosher salt, plus additional to taste
- 2 vine tomatoes, seeded and diced
- 1 jalapeño chilli pepper, seeded and minced
- ½ red onion, diced
- 1 cup loosely packed chopped fresh coriander

### INSTRUCTIONS:

**ONE:** Transfer serving dishes to freezer to chill.

**TWO:** In a large stainless steel, glass or ceramic bowl, add cod, lime juice and pinch salt; toss gently to coat. Cover and refrigerate for 20 to 30 minutes, until cod is opaque throughout and springy to the touch.

**THREE:** Drain and discard lime juice from cod. Return cod to bowl and add tomatoes, jalapeño, onion and coriander. Season with additional salt and toss gently to combine. Serve immediately in chilled bowls.

### NUTRIENTS PER SERVING (½ CUP):

**CALORIES:** 56, **TOTAL FAT:** 0.5 g, **SAT. FAT:** 0 g, **CARBS:** 2 g, **FIBRE:** 1 g, **SUGARS:** 1 g, **PROTEIN:** 10.5 g, **SALT:** 63 mg, **CHOLESTEROL:** 24 mg



### PERKS OF SEAFOOD

The Heart Foundation recommend making seafood the main protein on your plate at least twice each week. This relatively low and regular intake of fish and seafood has been shown in studies to reduce the incidence of depression, stroke and heart disease.



## A Step-by-Step Guide to Making Your Own Ceviche: \_\_\_\_\_



With a citrus squeezer or the tines of a fork, squeeze juice from citrus to yield  $\frac{3}{4}$  cup.



Cut half a kilo of fresh boneless, skinless fish or seafood into 1cm cubes. Cutting small, uniform cubes ensures the fish is “cooked” evenly by the citrus acid.



Place fish in a non-reactive bowl, such as stainless steel, glass or ceramic. **(NOTE:** Reactive bowls made of copper or aluminum will react with the citrus acid, causing a metallic taste.) Add citrus juice and salt and toss gently to coat. Cover and refrigerate for 20 to 30 minutes.



While the fish is being “cooked” by the acidic citrus juice, dice and mince the remaining ingredients into uniform pieces.



The fish is ready when it turns from translucent to opaque in colour. It should feel springy to the touch, like a medium-cooked steak.



Drain fish and discard citrus juice. Return fish to bowl; add remaining ingredients. Season with additional salt and toss gently to combine. Divide among chilled serving bowls and serve immediately.



## Salmon Dill Ceviche

**SERVES 8. HANDS-ON TIME:** 25 MINUTES.  
**TOTAL TIME:** 35 MINUTES.

### INGREDIENTS:

- 450g boneless, skinless salmon fillets, cut into 1cm cubes
- $\frac{3}{4}$  cup fresh lemon juice (about 4 lemons)
- Pinch sea salt or kosher salt, plus additional to taste
- 1 cucumber, seeded and diced
- $\frac{1}{2}$  red onion, diced
- $\frac{1}{2}$  cup loosely packed chopped fresh dill
- $\frac{1}{4}$  cup minced fresh chives

### INSTRUCTIONS:

**ONE:** Transfer serving dishes to freezer to chill.

**TWO:** In a large stainless steel, glass or ceramic bowl, add salmon, lemon juice and pinch salt; toss gently to coat. Cover and refrigerate for 20 to 30 minutes, until salmon is opaque-pink throughout and springy to the touch.

**THREE:** Drain and discard lemon juice from salmon. Return salmon to bowl and add cucumber, onion, dill and chives. Season with

additional salt and toss gently to combine. Divide among chilled bowls and serve immediately.

### NUTRIENTS PER SERVING ( $\frac{1}{2}$ CUP):

**CALORIES:** 92, **TOTAL FAT:** 3 g, **SAT. FAT:** 1 g, **CARBS:** 2 g, **FIBRE:** 0 g,  
**SUGARS:** 1 g, **PROTEIN:** 13 g, **SALT:** 58 mg, **CHOLESTEROL:** 26 mg

## Tropical Prawns & Scallop Ceviche

**SERVES 8. HANDS-ON TIME:** 25 MINUTES.  
**TOTAL TIME:** 35 MINUTES.

### INGREDIENTS:

- 225g fresh peeled and deveined prawns, cut into 1cm cubes
- 225g fresh scallops, cut into 1cm cubes
- $\frac{3}{4}$  cup fresh lime juice (about 6 limes)
- Pinch sea salt or kosher salt, plus additional to taste
- 1 mango, peeled, pitted and diced
- 1 avocado, peeled, pitted and diced
- 1 red chilli pepper, seeded and minced (such as

red jalapeño, Thai chilli or Fresno)

- 1 cup loosely packed chopped fresh coriander

### INSTRUCTIONS:

**ONE:** Transfer serving dishes to freezer to chill.

**TWO:** In a large stainless steel, glass or ceramic bowl, add prawns, scallops, lime juice and pinch salt; toss gently to coat. Cover and refrigerate for 20 to 30 minutes, until prawns and scallops are opaque and springy to the touch.

**THREE:** Drain and discard lime juice from mixture. Return mixture to bowl and add mango, avocado, chilli pepper and coriander. Season with additional salt and toss gently to combine. Divide among chilled bowls and serve immediately.

### NUTRIENTS PER SERVING ( $\frac{1}{2}$ CUP):

**CALORIES:** 106, **TOTAL FAT:** 4 g, **SAT. FAT:** 1 g, **CARBS:** 10 g, **FIBRE:** 2 g, **SUGARS:** 6 g, **PROTEIN:** 8 g, **SALT:** 305 mg, **CHOLESTEROL:** 43 mg

**TIP:** Use these recipes as inspiration to create your own spin on ceviche. Substitute any citrus juice, any sustainable, fresh fish or seafood and your favourite fresh herbs, fruits and vegetables.



# International Protein NATURALS



## Keep it clean and get creative with your protein intake

International Protein *Naturals* range of **100% Natural Proteins** (Raw) and **Natural Flavoured** (Chocolate and Vanilla) Proteins are suitable for use as an ingredient in cooking and baking.

The **100% Natural Proteins** are great to use in savoury dishes such as dips, soups, casseroles and pasta sauces.

Both the **Natural Flavoured** and **100% Natural Proteins** are a great way to boost the protein content of your everyday wholesome foods.

Whether it be to reduce unwanted additives and chemicals in your diet, avoid allergens, meet specific dietary requirements, support nutrition or to improve overall wellbeing, there is a product in the International Protein *Naturals* range to suit you.

Here's some quick & easy recipe ideas to get you started.



### HERBED CARROT CORN BREAD

- 1 cup (200g) cornmeal (polenta)
- 2 SCOOPS (60g) International Protein *Naturals* ISO-PEA Natural
- ½ SCOOP (7g) International Protein *Naturals* Egg Albumen
- 1 cup (165g) spelt flour
- 2 tsp (10g) baking powder
- 1 tbsp (20g) granulated stevia (for baking)
- 1 tbsp (5g) mixed dried herbs
- 1 large carrot, shredded
- 1 tbsp tabouli salad
- 160g tub low fat natural Greek yoghurt
- ¼ cup rice bran oil
- 300mL water

1. Preheat oven to 180°C. Line a 14cm x 21cm loaf tin with foil and lightly oil.
2. In a large bowl combine cornmeal, International Protein *Naturals* ISO-PEA Natural, International Protein *Naturals* Egg Albumen, spelt flour, baking powder, stevia and dried herbs.
3. Stir until evenly mixed.
4. In a separate bowl, mix together carrot, tabouli, yoghurt and oil.
5. Add the water to the carrot mix and stir to combine.
6. Make a well in the centre of the dry ingredients, add the carrot mixture and quickly stir until just moistened (do not over-mix).
7. Spoon into the prepared loaf tin.
8. Bake at 180°C for approx. 50 minutes (until a skewer comes out clean).
9. Cool for 5 minutes in the tin; turn out onto a rack and gently remove the foil.
10. Serve warm or cool with soups and casseroles, or toasted, topped with poached eggs, tomato, etc





## GLUTEN FREE APPLE CAKE

2 SCOOPS (40g) International Protein *Naturals* Egg Albumen  
 1 SCOOP (25g) International Protein *Naturals* Vanilla SPI  
 1 SCOOP\* (45g) coconut sugar  
 1 SCOOP\* (35g) coconut flour  
 1 tsp cinnamon  
 250mL unsweetened vanilla flavoured almond milk  
 2 tbsp rice bran oil  
 2 large green apples  
 Lemon juice  
 Extra cinnamon for dusting

\*use the SCOOP from inside the  
 International Protein *Naturals*  
 Protein products



1. Preheat oven to 180°C. Line a round or square cake tin with baking paper.
2. In a large bowl mix together the International Protein *Naturals* Egg Albumen, International Protein *Naturals* Vanilla SPI, coconut sugar, coconut flour and cinnamon.
3. Make a well in the centre of the dry ingredients and add half of the almond milk, stir quickly until absorbed, then add another quarter of the almond milk. Repeat until all the almond milk is added. Mix until smooth.
4. Add the rice bran oil and mix until batter is smooth.
5. Pour the batter into the prepared cake tin.
6. Peel and core the apples, then cut into thick slices.
7. Brush apples with lemon juice.
8. Using a sharp knife, make long diagonal scores in each apple slice.
9. Press the apples, scored side up, into the batter.
10. Sprinkle extra cinnamon over the top of the batter.
11. Bake at 180°C for approx. 30 minutes (until a skewer comes out clean).
12. Allow to cool slightly on a cake rack before turning out.
13. Slice into generous wedges/slices to serve.

**International  
Protein** **FOOD FOR  
GROWTH**



## SUMMER BIRCHER MUESLI WITH CHOCOLATE YOGHURT

1 cup (120g) wholegrain rolled oats  
 2 SCOOPS (60g) International Protein *Naturals* Vanilla WPI  
 ½ Cup (125mL) coconut water  
 1 tsp apple cider vinegar  
 ⅓ cup grated apple  
 ⅓ cup diced raspberries  
 Handful of whole raspberries & blueberries (to serve)  
 2 x 2g sachets stevia sweetener  
 2 x 160g tubs natural low fat Greek yoghurt  
 1 SCOOP (30g) International Protein *Naturals* Chocolate WPI

1. Mix rolled oats with 1 SCOOP International Protein *Naturals* Vanilla WPI in a large bowl.
2. Add the apple cider vinegar and stevia to the coconut water then pour over the oat mix.
3. Add the apple and diced raspberries to the mix and stir to combine.
4. Add 1 SCOOP International Protein *Naturals* Vanilla WPI to 1 tub of Greek yoghurt and stir to combine. Mix through oat (Bircher Muesli) mix.
5. Divide Bircher Muesli mixture into 2 breakfast bowls.
6. Stir the International Protein *Naturals* Chocolate WPI into the other tub of Greek yoghurt.
7. Spoon half of the chocolate yoghurt onto each Bircher Muesli bowl.
8. Decorate with blueberries and whole raspberries.



# HOW TO INSPIRE LITTLE CLEAN EATERS!

BY KIRA WESTWICK

Clean Eating advocate Kira Westwick shares her advice on inspiring your kids to fall in love with whole foods... no trickery necessary!

**D**o your meal times resemble a game of "hide and seek" – you play hide the vegetables, and your children spend the entire meal seeking them out and pushing them to the side? Don't worry, I've been there, and I know how incredibly frustrating it can be! In fact, this tiresome game made me more determined than ever to find a way to inspire my children to CONSCIOUSLY and HAPPILY fall in love with whole foods, Brussels sprouts and all!

An impossible feat you say? Yep, it's a tricky task, but it's absolutely worth the effort. From overall health and vitality to physical and mental performance, food greatly affects how we function on every level. What our children choose to eat today literally determines who they become tomorrow, and even influences their potential in life. To help them grow into the best version of themselves, it's essential to instill love and value for whole food, so they are empowered to make lifelong healthy choices.

Here's what I'm learning on my own imperfect parental journey...

## If possible, start out right

From the moment you decide to commence solids, offer age-appropriate vegetables daily; often and early will give children a taste for whole food. The more bland or processed foods toddlers are exposed to early on, the fussier they are likely to

become. When food corporations cook our food, they add sugar, salt and chemicals to excite the taste buds, purposely exaggerating their 'cravability' so we come back for more. Avoid this convenience trap by preparing and freezing fresh meals in bulk in advance, and teach your toddlers to enjoy the flavour of fresh produce before they get hooked on artificial tastes. If they are only exposed to homemade, freshly prepared, unsalted, unsweetened, naturally flavourful foods, then this becomes the standard other foods are compared to.

## Provide an environment conducive to choosing healthy foods

We as parents are responsible for setting the benchmark for what's considered 'food' in our households. If we want our children to love whole grains and vegetables, we need to do our best to avoid providing conflicting alternatives. For example, given the chance, most children will absolutely acquire the taste for even the nuttiest whole grain breads, so long as they don't have a regular

supply of white bread to compare it to. And if they know there's a stash of sweet biscuits in the cupboard (that will take approximately 10 minutes of pestering) they probably won't reach for veggie sticks at snack time – I know I wouldn't!

## Make healthy choices accessible

Mums and dads have enough things to take care of, so make it easier on yourself by providing convenient, unrestricted self-help containers of 'grow food' such as fruit, raw nuts, brown rice crackers and veggie sticks. This will give them the independence they need to initiate good choices - AND give you a break from the kitchen!

## Make meal times a happy family occasion

Help your children connect with the joy and wisdom of cooking and sharing whole food



PHOTO CREDIT: KIRA WESTWICK



by preparing and eating meals together. Yes, it gets messy, and sometimes you'd prefer they didn't get in the way, but by encouraging children to participate in food preparation, you will guarantee enthusiasm for trying new things. This is a great time to lead by example, so ensure you exhibit a positive attitude when preparing and eating whole food. Also, take the opportunity to slow down and converse over the day's events, and show attention and appreciation for what's happening in their world. Sharing what each member is grateful for each day is a good way to get everyone connecting and engaging in positive conversation.

### **Avoid indulging kids with 'special' treatment at the dinner table**

Goodness knows we are busy enough finding the time to put

one meal on the table! Making separate meals when your kid refuses to eat what you've cooked ought to be avoided at all costs – for your own sanity if not theirs. This can exasperate

### **Choose your battles wisely**

We parents face many battles, and as someone who delights in family meal times, I'm

*"Using junk food as a reward only teaches positive associations with it. Quality time with an adult, extended household privileges, reading an extra book at bedtime, or pocket money for savings are some great examples of positive reinforcement that do not involve food."*

attention-seeking behaviour and poor choices around food, which can be very challenging to reset. I'm yet to meet a kid who would rather starve to death than eat what's put on the table.

determined food won't be one of them! I found it helpful to establish which fruits and vegetables my kids did like, and how they liked them prepared, and then gradually introduced others. Obsessing over the ones they disliked only made them more resistant to being open-minded. For example my children generally refuse to eat 'salad', but when I arrange their vegetables in individual groups around the plate they happily eat them. Most children prefer veggies to be tender but crisp, many preferring raw. Start with sweet-tasting vegetables such as raw capsicum, carrot sticks, snow peas, cherry tomatoes and cucumber, and slightly cooked vegetables such as peas, corn, broccoli and green beans. Let them use their hands when eating them, and provide healthy condiments for dipping.

### **Steer clear of kids' menus**

Why dine out for Thai only to order your kids chicken nuggets and chips? If you want your

children to develop a taste for the vast array of flavourful food the world has to offer, then provide opportunities for them to experience it both at home and when eating out – and start young! Kids' menus assume your child is a 'picky' eater, with an unsophisticated palate limited to deep fried brown and white foods... don't let them determine what your kids will eat! Instead, look to share a selection of dishes when you eat out, or offer food from your own plate. This makes eating out so much fun, and it will give them the diversity they need to grow accustomed to a variety of flavours, spices and textures. Sharing can even be more cost effective!

### **Practise patience and PERSISTENCE**

On average it can take 10-15 tries before a child is accustomed to a new taste or texture, so keep providing opportunities; even with food you don't particularly like yourself. When I was a kid I precisely hated olives, mushrooms, avocados and oysters and so did the rest of my family. Coincidence or unintentional influence? At 32 these are my most favoured foods, but it took many goes at it to get out of my head and into my taste buds, because I was so accustomed to believing they weren't enjoyable. Just as it's important to encourage children to continue to be open-minded, I encourage you as the influential adult to experiment too. Try new flavours together; one day you might be very surprised to find your least desirable foods become your favourites too! ▶





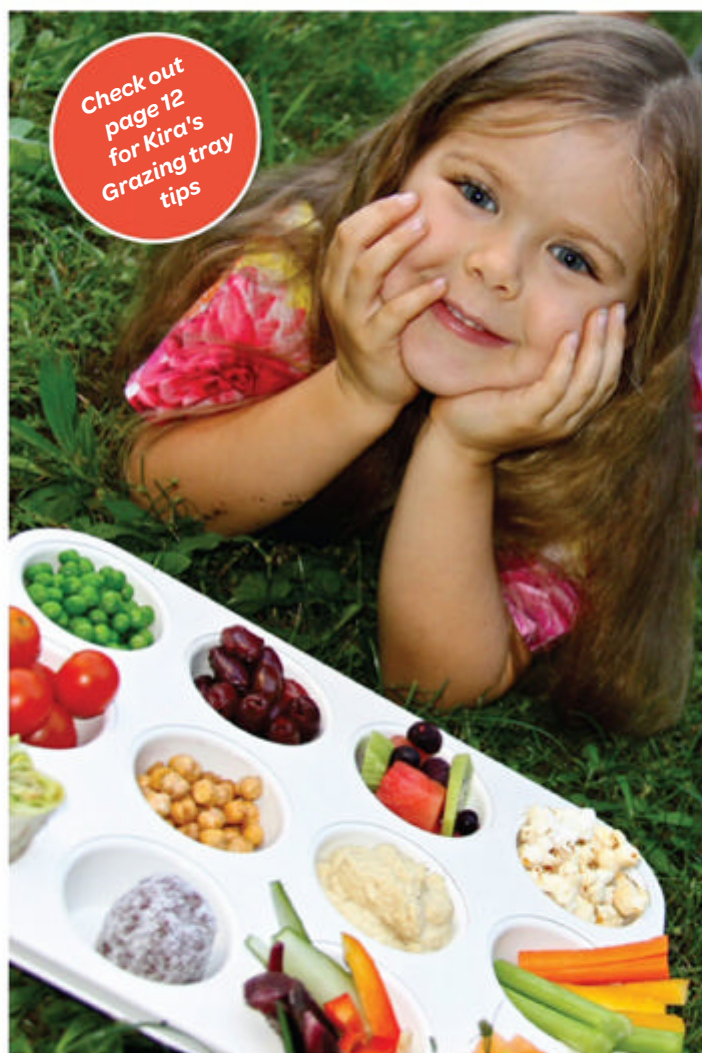
### Get creative

"I just LOVE carrots because they are SO healthy," ... said no kid ever!

How you talk to your child about foods they are skeptical about can go a long way in shaping their perceptions of it. Children are concrete thinkers, so it is important to give them examples that reflect 'experience' rather than abstract concepts such as 'this is healthy'. Speak their language by finding key points they identify with—a green smoothie can become very appetising if it is going to make them "super strong like Ben Ten!" or give them "shiny hair like a princess!"

### Teach the cause and effect of eating junk v healthy food

Gone are the days of trying to shield my kids from the pitfalls of party land. I've decided to use them to my advantage. Another party, another perfect opportunity to teach my kids about the cause and effect of consuming copious amounts of junk food!



When my kids overindulge, and consequently lose their minds and manners, we discuss how their food choices greatly affect their behaviour and how they feel. Consequently my six-year-old is already displaying independent choices around appropriate quantities when it comes to junk food, making the party aftermath much more bearable.

### Use constructive incentives to reward good behaviour

Using junk food as a reward only teaches positive associations with it. Quality time with an adult, extended household privileges, reading an extra book at bedtime, or pocket money for savings are some great examples of positive reinforcement that do not involve food.

### Avoid glorifying food with labels such as good or bad

This will only cause children to worship junk food even further. A more constructive way to teach moderation and a healthy relationship with food is by talking about food as 'anytime food' and 'sometimes food'. Anytime foods are those that ADD health and vitality to the body no matter when consumed, and sometimes foods are ok sometimes, but can damage and compromise health if consumed too often.

### Resist hiding vegetables

No doubt it's great to beef up sauces and stews with extra vegetables, and sometimes we need to get creative with presentation, however it's important to ease into telling your children what's in their food and why it's so good for them, so they can learn to love vegetables on their merits. You don't want to send the message that vegetables are something to be endured instead of enjoyed.

### Make whole food fun

Sometimes it pays to play with your food! Challenge your children with fun games such as:

- Find something 'alive' in every meal
- Drink more water with the mission of 'keeping their pee clear'
- Let them pick out a 'vegetable of the week' at the grocery store
- Challenge them to eat 'every colour of the rainbow' each day in fruits and vegetables - kids love to use sticker charts to map out their colours each day, and it prompts them to ask for more colours all on their own! 🌈



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**GROUP AND DEMO SPORTS:** Fencing, Jump Rope, Pole Fitness, Bikram Yoga, Guy Leech World Record Attempt, Golf



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recipes

• NUTRITIOUS •

# KID APPROVED EATS ON A SHOESTRING!

RECIPES BY JULIE O'HARA, PHOTOGRAPHY BY GIBSON & SMITH



## CRISPY FISH SANDWICHES

(SEE RECIPE, P. 39)

FEEDING YOUR KIDS WHOLESOME, NUTRITIOUS FOOD IS IMPORTANT TO YOU, BUT YOUR BUDGET ISN'T LIMITLESS – WE GET IT. **With this collection of kid- and budget-friendly recipes, you'll never have to compromise on great taste or top-quality nutrition.**



recipes

## APPLE CHEDDAR CHICKEN QUESADILLAS

(SEE RECIPE, P. 38)

### FUEL THEM WITH FIBRE:

These tasty quesadillas contain a whopping 13 grams of dietary fibre per serving.

Fibre helps keep blood sugar stable in addition to increasing the feeling of satiety after meals – so your kids will be less inclined to ask for junk food later.



## TEX-MEX QUINOA BAKE

(SEE RECIPE, P. 36)

### SUPERFOOD FROM THE INCAS:

A staple in the diet of the Incas in South America about 5,000 years ago, quinoa is still considered a superfood today. Quinoa is a complete protein, which means that it contains all of the essential amino acids. It is also a rich source of minerals such as manganese, which is important in helping the body form and repair connective tissue, as well as magnesium, which is necessary for healthy bones.



## recipes

### TEX-MEX QUINOA BAKE

**SERVES 6. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 45 MINUTES.**

Protein- and fibre-rich quinoa and black beans are combined with sweet corn, red capsicum and topped with cheese for an easy, delicious meal the whole family will love.

#### INGREDIENTS:

- Olive oil cooking spray
- 1 cup quinoa, rinsed
- ½ tsp plus ⅛ tsp sea salt, divided
- ½ tsp ground cumin
- ½ tsp ground coriander
- 2 tsp olive oil
- 1 small sweet onion, finely chopped
- 1 small red capsicum, seeded and finely chopped
- ¼ tsp fresh ground black pepper
- 1 cup frozen corn kernels
- 1 x 425g BPA-free can black beans, drained and rinsed
- 115g shredded Mexican cheese blend, or a mix of half cheddar and half Jack cheese, divided (about 1 cup packed)
- ¼ cup packed chopped fresh coriander leaves

#### INSTRUCTIONS:

**ONE:** Preheat oven to 180°C. Mist a 20cm square baking dish with cooking spray. In a medium saucepan on high, bring 2 cups water to a boil. Stir in quinoa and ½ tsp salt. Cover, reduce heat to low and simmer for 15 minutes. Remove from heat and rest, covered, for 5 minutes. Transfer to a large bowl. Add cumin and coriander and stir gently to combine.

**TWO:** Meanwhile, in a large pan on medium-high, heat oil. Add onion, capsicum, black pepper and remaining ⅛ tsp salt and cook, stirring occasionally, until lightly browned, 8 to 10 minutes. Add corn and ¼ cup water and simmer until most of liquid evaporates and corn is heated through, about 3 minutes. Add beans and cook, stirring occasionally, until heated through, about 1 minute. Add mixture to bowl with cooked quinoa and stir gently to combine. Stir in 85g cheese and coriander.

**THREE:** Transfer quinoa mixture to prepared baking dish and sprinkle remaining cheese over top. Bake until cheese is melted, 10 to 12 minutes. Rest for 5 minutes before serving.

#### NUTRIENTS PER SERVING (1 CUP):

**CALORIES:** 273, **TOTAL FAT:** 9 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 35.5 g, **FIBRE:** 6 g, **SUGARS:** 2 g, **PROTEIN:** 13 g, **SODIUM:** 345 mg, **CHOLESTEROL:** 18 mg





## CREAMY STOVE TOP MAC 'N' CHEESE

**SERVES 9. HANDS-ON TIME: 40 MINUTES.**  
**TOTAL TIME: 40 MINUTES.**

Forget the boxed stuff, this mac 'n' cheese has all the creamy, cheesy flavour that your brood is used to – but our version is made with wholesome whole-wheat pasta, carrots and green peas for added goodness.

### INGREDIENTS:

- 340g whole-wheat elbow macaroni pasta
- Olive oil cooking spray
- 340g ground chicken breast
- 1 tsp unsalted garlic-herb seasoning blend, divided
- ¾ tsp sea salt, divided
- 1 cup peeled and finely chopped carrots
- 1½ cups frozen green peas

- 2 tbsp olive oil
- ¼ cup white whole-wheat flour
- 4 cups whole milk
- 115g shredded mozzarella cheese (about 1 cup packed)

### INSTRUCTIONS:

**ONE:** In a large pot, cook pasta al dente according to package directions. Drain and set aside. Rinse and reserve pot for Step Three.

**TWO:** Meanwhile, mist a large pan with cooking spray and heat to medium-high. Add chicken, ½ tsp seasoning blend and ¼ tsp salt and cook, stirring occasionally, until chicken is cooked through and no longer pink, 4 to 6 minutes. Transfer to a bowl and set aside. Carefully wipe out pan, then mist with cooking spray and heat to medium-high. Add carrots and cook, stirring occasionally until lightly browned, 4 to 5 minutes. Add peas, ¼ cup water and ¼ tsp salt. Cook, stirring occasionally, until

peas are heated through, about 3 minutes; set aside.

**THREE:** In large pot, heat oil on medium. Add flour and stir vigorously until combined and golden brown, 1 to 2 minutes. Slowly pour in milk, whisking constantly. Increase heat to medium-high and whisk continuously until milk comes to a simmer and thickens slightly. Reduce heat to low and stir in mozzarella, remaining ½ tsp seasoning blend and remaining ¼ tsp salt. Add pasta, chicken and vegetables and stir to combine.

### NUTRIENTS PER SERVING (1 CUP):

**CALORIES:** 339, **TOTAL FAT:** 11 g, **SAT. FAT:** 4.5 g, **MONO-UNSATURATED FAT:** 4.5 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 40 g, **FIBRE:** 5 g, **SUGARS:** 8 g, **PROTEIN:** 21.5 g, **SODIUM:** 359 mg, **CHOLESTEROL:** 45 mg





## AVOCADO & BANANA CHOCOLATE PUDDING

**SERVES 4. HANDS-ON TIME:** 10 MINUTES.  
**TOTAL TIME:** 10 MINUTES (PLUS CHILLING TIME).

Avocado, bananas and unsweetened cocoa powder form the base of this rich, chocolatey pudding. Free of refined sugars and suitable for those who are sensitive to dairy, this is a dessert you can truly feel good about making for your kids. Make sure your avocado and bananas are well ripened to get a creamier, sweeter pudding.

### INGREDIENTS:

- 1½ bananas
- 1 avocado, pitted and peeled
- ¼ cup unsweetened cocoa powder
- 3 tbsp pure maple syrup
- ½ tsp pure vanilla extract, optional
- ¼ tsp ground cinnamon

### INSTRUCTIONS:

**ONE:** To a food processor, add banana, avocado and cocoa powder. Process until just a few chunks remain, about 1 minute. With processor running, pour maple syrup through feed tube and process until completely smooth, scraping down bowl as needed, about 1 minute. Add vanilla

(if using) and cinnamon and process until combined, about 10 seconds.

**TWO:** Transfer to an airtight container and refrigerate until completely chilled, 1½ to 2 hours.

### NUTRIENTS PER SERVING (1/3 CUP):

**CALORIES:** 171, **TOTAL FAT:** 8 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 5 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 28 g, **FIBRE:** 6 g, **SUGARS:** 16 g, **PROTEIN:** 3 g, **SODIUM:** 7 mg, **CHOLESTEROL:** 0 mg

## APPLE CHEDDAR CHICKEN QUESADILLAS with Pumpkin Dip

**SERVES 4. HANDS-ON TIME:** 35 MINUTES.  
**TOTAL TIME:** 45 MINUTES.

Thinly sliced sweet apples are combined with chicken breast and cheddar cheese in these whole-wheat quesadillas that are made for eating with your hands. Paired with a home-made cinnamon-spiced pumpkin dip, these are not only tasty but also fun to eat.

### INGREDIENTS:

- 170g boneless, skinless chicken breast
- Olive oil cooking spray
- ¼ tsp fresh ground black pepper
- 1 cup pumpkin purée (not pie filling)

- 1 cup low-salt chicken or vegetable broth
- 1 tsp ground cinnamon
- 6 whole-wheat tortillas
- 85g shredded cheddar cheese (about ¾ cup packed)
- 1 apple, peeled, cored and very thinly sliced (Fuji, Pink Lady or Golden Delicious)

### INSTRUCTIONS:

**ONE:** Arrange oven rack in upper middle position and preheat grill to high. On a foil-lined baking tray or pan, place chicken. Mist chicken with cooking spray and season with pepper. Grill until chicken is no longer pink in centre and an instant-read thermometer registers 74°C when inserted in thickest part, 13 to 15 minutes, turning halfway. Rest for 5 minutes, then thinly slice. **(MAKE AHEAD:** Cook chicken up to 2 days ahead. Cool completely and refrigerate in an airtight container. Slice when ready to use.) Turn off grill and heat oven to 65°C.

**TWO:** In a small saucepan, combine pumpkin, broth and cinnamon. Bring to a gentle simmer on medium, stirring frequently. Reduce heat to low and stir for 1 more minute. Remove from heat, cover and set aside.

**THREE:** Heat a pan on just slightly above medium heat and mist with cooking spray. Place 1 tortilla in pan. Top with one-sixth of cheese, one-third of chicken, one-third of apples and finish with one-sixth of cheese. Cover with another tortilla and cook until bottom tortilla is golden brown, 4 to 5 minutes. Flip quesadilla and cook until opposite side is golden and cheese is melted, 2 to 3 minutes more. Transfer to a rimmed baking tray and keep warm in the oven. Repeat process to make remaining 2 quesadillas. Cut each quesadilla into 4 wedges.

### NUTRIENTS PER SERVING

(3 WEDGES WITH ¼ CUP DIP):

**CALORIES:** 267, **TOTAL FAT:** 13 g, **SAT. FAT:** 5 g, **MONOUNSATURATED FAT:** 5 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 27 g, **FIBRE:** 13 g, **SUGARS:** 6 g, **PROTEIN:** 23 g, **SODIUM:** 489 mg, **CHOLESTEROL:** 46 mg



## CRISPY FISH SANDWICHES with Ranch Sauce

**SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 35 MINUTES.**

Find it hard to get your little ones to eat fish? They won't be able to resist these crispy crumbed cod fillets served with lettuce, tomato and a creamy, yoghurt-based ranch sauce on a fresh whole-wheat bun.

### INGREDIENTS:

- Olive oil cooking spray
- $\frac{1}{3}$  cup white whole-wheat flour
- $\frac{1}{2}$  tsp sea salt, divided
- 1 large egg
- $\frac{1}{3}$  cup whole-wheat bread crumbs
- $\frac{1}{4}$  tsp fresh ground black pepper
- 450g cod fillet, cut into 4 pieces
- $\frac{3}{4}$  cup Greek yoghurt
- $\frac{1}{4}$  cup buttermilk
- 2 tbsp chopped fresh flat-leaf parsley leaves

- 1 tbsp fresh lemon juice
- 1 tsp unsalted garlic-herb seasoning blend
- $\frac{1}{2}$  tsp onion powder
- $\frac{1}{4}$  tsp mustard powder
- 4 large leaves Bibb lettuce
- 4 slices beefsteak tomato
- 4 whole-wheat hamburger buns or sandwich rolls

### INSTRUCTIONS:

**ONE:** Preheat oven to 200°C. Line a large baking tray with foil, fit with a metal rack and mist with cooking spray.

**(NOTE:** If you don't have a metal rack, simply mist foil with cooking spray and place fish directly on top.) Line up 3 wide, shallow bowls or plates in front of you. To first bowl, add flour and  $\frac{1}{4}$  tsp salt and stir to combine; to second bowl, add egg and beat with a whisk; to third bowl, add crumbs, remaining  $\frac{1}{4}$  tsp salt and pepper and stir to combine.

**TWO:** Dip 1 piece of fish into flour to coat completely and shake off excess. Dip into egg

to coat completely. Dip into crumbs to coat completely and shake off excess. Place on prepared rack or foil and repeat with remaining fish. Bake until fish is opaque in thickest part and flakes easily with a fork, 18 to 22 minutes.

**THREE:** In a small bowl, stir together yoghurt, buttermilk, parsley, lemon juice, seasoning blend, onion powder and mustard powder. Place 1 lettuce leaf, 1 tomato slice and 1 piece of fish on bottom half of each bun. Divide yoghurt mixture over top and sandwich with top half of bun.

### NUTRIENTS PER SERVING (1 SANDWICH):

**CALORIES:** 349, **TOTAL FAT:** 9 g, **SAT. FAT:** 5 g, **MONOUNSATURATED FAT:** 2 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 37 g, **FIBRE:** 6 g, **SUGARS:** 7 g, **PROTEIN:** 29.5 g, **SODIUM:** 583 mg, **CHOLESTEROL:** 99 mg





# Sweet Potato Brownies



Kira makes this moist, dense recipe with the products she loves from The Wholefood Pantry range by Nutra Organics. Gluten, sugar, nut AND dairy free!

## INGREDIENTS

1 medium raw orange sweet potato, peeled and grated (about 2 1/2 cups of grated sweet potato)  
2 whole eggs, beaten  
2 tsp real vanilla extract  
1/2 cup The Wholefood Pantry Brown Rice Syrup  
1/2 cup The Wholefood Pantry Virgin Coconut Oil  
1 tsp of aluminum free baking powder  
1/4 cup of The Wholefood Pantry Cacao Powder  
2 tbsp The Wholefood Pantry Coconut Flour- A little goes a LONG way!

## INSTRUCTIONS

Preheat oven to 175C  
Add vanilla, brown rice syrup and coconut oil to a large mixing bowl over a pot of hot water and melt together. Take off the heat, add sweet potato and eggs. Add the dry ingredients, combining well.  
Pour the mixture into a 22cm baking dish or cake tin greased with a little coconut oil.  
Bake for 20 minutes. Check with a skewer the centre should still be ever so slightly gooey so it stays moist. Remove and cool for 5-10 minutes before carefully turning out onto a cooling rack.

## SERVING SUGGESTIONS

Go to [www.nutraorganics.com.au/cleaneating](http://www.nutraorganics.com.au/cleaneating) for serving suggestions and special offers.



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# PACK IT TO GO!

**Look forward to lunch and snack time again with these make-ahead recipes that'll make you the envy of your office lunchroom.**

BY JULIE O'HARA, PHOTOGRAPHY BY GIBSON & SMITH

I remember the exact moment when I realised that a homemade lunch is the best lunch: I was sitting in the office break room, savouring the smell of my homemade turkey meatballs wafting up from their container. Just as I raised my fork to take the first bite, a voice behind me exclaimed, "I want that!" I turned around to see a co-worker standing over my shoulder, gazing longingly at the meal I'd brought from home. (Fortunately, she had settled for the takeaway lunch she'd just purchased and didn't try to steal mine!)

Not only does the DIY lunch trump the competition in terms of taste, but you can also guarantee that it's fresh and nutritious. Whether you're in a rut and toting the same old turkey sandwich day after day, or if you haven't brown-bagged it in a while, these recipes will give you some new ideas and inspire you to boost your health by skipping the delis and drive-throughs. Pack up one of these six not-so-conventional lunches – or one of our four satisfying snacks – and you'll be the envy of the office too!





**LUNCH**

**VIETNAMESE  
CHICKEN  
LETTUCE  
WRAPS  
BENTO BOX**

(SEE RECIPE, P. 52)

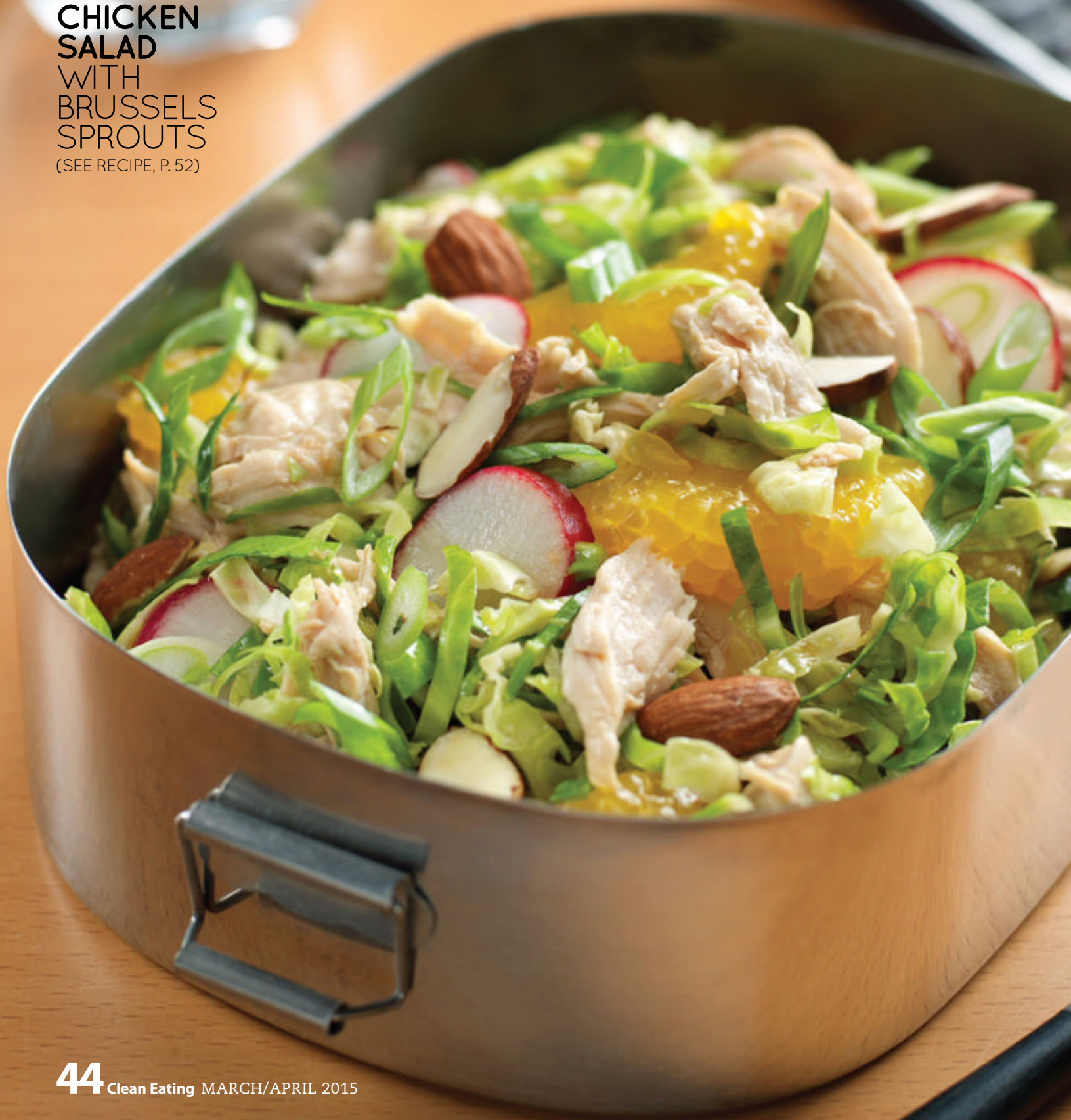


recipes

## LUNCH

### CHINESE CHICKEN SALAD WITH BRUSSELS SPROUTS

(SEE RECIPE, P. 52)







recipes

## SNACK

### ALMOND & GOAT CHEESE-STUFFED STRAWBERRIES

(SEE RECIPE, P. 53)



## SNACK

### HUMMUS, BEET & FETA WRAP

(SEE RECIPE, P. 51)





## recipes

### Italian Turkey Soup

**SERVES 4. HANDS-ON TIME:** 30 MINUTES.  
**TOTAL TIME:** 45 MINUTES.

**MAKE IT TO GO:** Before you leave the house, bring soup to a simmer in a saucepan on medium-high, stirring occasionally. Divide individual portions into heat-retaining thermoses or containers, keeping basil separate.

#### INGREDIENTS:

- Olive oil cooking spray
- 225g lean ground turkey
- ¼ tsp sea salt, divided
- ¾ tsp fresh ground black pepper, divided
- ½ large white onion, chopped
- 2 cloves garlic, chopped
- ½ tsp dried Italian herb blend or dried oregano
- ¼ tsp red capsicum flakes, or to taste
- 2 cups reduced-salt chicken broth
- 2 cups unsalted diced tomatoes, with juices
- 570g butternut pumpkin, peeled and cut into 2cm pieces (about 3 cups)
- 225g kale, thick stems removed, chopped (about 5 cups)
- 1 420g BPA-free can unsalted cannellini beans, drained and rinsed
- 2 tbsp balsamic vinegar
- ¼ cup chopped fresh basil leaves, optional

#### INSTRUCTIONS:

**ONE:** Mist a Dutch oven or large pot with cooking spray and heat on medium-high. Add turkey, ⅛ tsp salt and ¼ tsp black pepper and cook, stirring frequently and crumbling with a spoon, until no longer pink, 5 to 6 minutes. Transfer to a paper towel-lined plate. Mist Dutch oven again with cooking spray and return to medium-high. Add onion and sauté for 4 to 5 minutes, stirring occasionally, until lightly browned. Add garlic, herb blend and capsicum flakes, stirring constantly, for 30 seconds. Add broth, 2 cups water, tomatoes, remaining ⅛ tsp salt and remaining ½ tsp black pepper. Cover and bring to a simmer.

**TWO:** Once simmering, add pumpkin. When liquid returns to a simmer, reduce heat to medium, then cover and simmer for 5 minutes. Add kale and continue simmering until both vegetables are tender, 10 to 15 minutes more (if you have very tender kale, such as Lacinato, simmer pumpkin

LUNCH

for 10 minutes before adding). Add beans and turkey and simmer until heated through, about 1 minute. Remove from heat and stir in vinegar. Divide among bowls and sprinkle with basil (if using). **(MAKE AHEAD:** Soup can be made up to 3 days in advance; cool and refrigerate in an airtight container.)

#### NUTRIENTS PER SERVING (2 CUPS):

**CALORIES:** 303, **TOTAL FAT:** 3 g, **SAT. FAT:** 0.5 g, **CARBS:** 47 g, **FIBRE:** 10 g, **SUGARS:** 10 g, **PROTEIN:** 25 g, **SALT:** 302 mg, **CHOLESTEROL:** 28 mg

### Rocket & Goat Cheese Salad

WITH STRAWBERRY VINAIGRETTE

**SERVES 4. HANDS-ON TIME:** 10 MINUTES.  
**TOTAL TIME:** 10 MINUTES.

**MAKE IT TO GO:** Combine all salad ingredients and divide among individual containers the morning of or the night before. Pack dressing separately and combine with salad when ready to eat.

#### INGREDIENTS:

- 1 cup chopped cored strawberries plus ¾ cup sliced strawberries
- ¼ cup red wine vinegar
- 1 tbsp safflower oil
- 1 tbsp raw honey
- 140g rocket (about 5 packed cups)
- ½ red onion, thinly sliced
- 2 tbsp toasted unsalted pumpkin seeds (aka pepitas)
- 55g goat cheese, crumbled (about ½ cups)

#### INSTRUCTIONS:

In a blender, purée 1 cup chopped strawberries, vinegar, oil and honey until smooth. In a large bowl, toss rocket, onion and ¾ cup sliced strawberries. To serve, add dressing and toss until well coated. Divide among bowls and top with seeds and cheese, dividing evenly. **(MAKE AHEAD:** Dressing can be made up to 3 days in advance and refrigerated in an airtight container.)

#### NUTRIENTS PER SERVING (¼ OF RECIPE):

**CALORIES:** 145, **TOTAL FAT:** 9 g, **SAT. FAT:** 3 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 10 g, **FIBRE:** 2 g, **SUGARS:** 8 g, **PROTEIN:** 5 g, **SALT:** 13 mg, **CHOLESTEROL:** 7 mg

LUNCH



**LUNCH**

**ROCKET  
& GOAT  
CHEESE  
SALAD** WITH  
STRAWBERRY  
VINAIGRETTE



**LUNCH**

**ITALIAN  
TURKEY  
SOUP**





recipes

## LUNCH

### BAKED FALAFEL PITAS WITH YOGHURT FETA SAUCE

(SEE RECIPE, P. 51)



## SNACK

### PEARS WITH BLUE CHEESE & HONEY

(SEE RECIPE, P. 53)





**SNACK**

**CHUNKY  
BLACK  
BEAN DIP**

(SEE RECIPE, P. 51)





recipes

LUNCH

SPINACH FRITTATA  
SANDWICHES  
WITH MARINARA  
SAUCE

(SEE RECIPE, P. 53)





# Baked Falafel Pitas

WITH YOGHURT FETA SAUCE

**SERVES 4. HANDS-ON TIME:** 25 MINUTES.  
**TOTAL TIME:** 40 MINUTES.

**MAKE IT TO GO:** Stuff falafel in pita and wrap airtight. Store tomato and lettuce in a container and yoghurt sauce in a separate container. Assemble sandwich when ready to eat.

## INGREDIENTS:

- Olive oil cooking spray
- 1 420g BPA-free can unsalted chickpeas, drained and rinsed
- ½ large red onion, chopped
- ½ cup packed fresh coriander (leaves and thin stems), plus 1 tbsp chopped coriander leaves
- ½ cup packed fresh flat-leaf parsley (leaves and thin stems), plus 1 tbsp chopped parsley leaves
- 1 small egg
- ¼ cup whole-wheat bread crumbs, plus additional as needed
- 2 tsp ground cumin
- 1½ tsp ground coriander
- ¾ tsp fresh ground black pepper
- ¼ tsp sea salt
- ½ cup white whole-wheat flour
- 55g feta cheese, crumbled
- 1 cup 2% plain Greek yoghurt
- Juice of ½ lemon
- 2 small whole-grain pitas
- 2 cups chopped romaine lettuce
- 2 small tomatoes, sliced

## INSTRUCTIONS:

**ONE:** Preheat oven to 200°C. Line a large baking tray with foil and mist with cooking spray. In a food processor, combine chickpeas, onion, ½ cup coriander and ½ cup parsley. Pulse until roughly chopped. Add egg, ¼ cup crumbs, cumin, coriander, pepper and salt. Pulse until mixture forms a chunky purée. Transfer to a large bowl. If mixture appears too wet, mix in additional crumbs as needed.

**TWO:** Sprinkle flour onto a small plate. Scoop out 2 tbsp chickpea mixture and form into a circular 1cm-thick patty. Lightly press both sides into flour, shake off excess and place on prepared tray. Repeat with remaining chickpea mixture, making a total of 12 patties. Lightly mist tops of patties with cooking spray. Bake until bottoms are golden brown, about 12 minutes. Turn patties and bake

LUNCH

until opposite sides are golden, 5 to 7 minutes more. Cool at room temperature and refrigerate in an airtight container. **(MAKE AHEAD:** Prepare up to 3 days in advance through Step Two.)

**THREE:** Meanwhile, in a small bowl, stir together cheese, yoghurt, lemon juice and remaining 1 tbsp each coriander and parsley. **(MAKE AHEAD:** Yoghurt sauce can be made up to 3 days ahead and refrigerated in an airtight container; stir well before serving.)

**FOUR:** Assemble sandwiches just before serving: cut each pita in half crosswise to form 2 pockets. Stuff each pocket with 3 patties (cutting patties to fit if necessary), ½ cup lettuce, 2 or 3 tomato slices and a generous ¼ cup yoghurt sauce.

## NUTRIENTS PER SERVING (1 FILLED PITA HALF):

**CALORIES:** 321, **TOTAL FAT:** 8 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 1 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 58 g, **FIBRE:** 10 g, **SUGARS:** 5 g, **PROTEIN:** 22 g, **SALT:** 574 mg, **CHOLESTEROL:** 57 mg



# Chunky Black Bean Dip

**SERVES 6. HANDS-ON TIME:** 10 MINUTES.  
**TOTAL TIME:** 10 MINUTES.

**MAKE IT TO GO:** Pack individual servings in airtight containers and refrigerate. Serve with baked tortillas, in lettuce cups or as a salad.

## INGREDIENTS:

- 1 420g BPA-free can unsalted black beans, drained and rinsed
- 2 tomatoes, seeded and chopped
- 1 small green capsicum, seeded and chopped
- ½ small sweet onion, finely chopped
- 1 cup fresh or frozen corn kernels (defrosted if using frozen)
- Juice of 2 limes (3 to 4 tbsp)
- 1 to 2 tsp unsalted garlic and herb seasoning
- Sea salt, to taste

SNACK

## INSTRUCTIONS:

**ONE:** To a large bowl, add beans. Using a potato masher, mash several times so that about half of beans are crushed and half are left intact.

**TWO:** To bowl, add tomatoes, capsicum, onion and corn and stir to combine. Add lime juice, seasoning and salt and stir to combine. **(MAKE AHEAD:** May be made up to 2 days in advance and refrigerated in an airtight container.) Serve chilled or at room temperature as a salad, as a filling for lettuce wraps or as a dip for baked tortilla chips.

## NUTRIENTS PER SERVING (2/3 CUP):

**CALORIES:** 102, **TOTAL FAT:** 1 g, **SAT. FAT:** 0 g, **CARBS:** 21 g, **FIBRE:** 5 g, **SUGARS:** 4 g, **PROTEIN:** 6 g, **SALT:** 42 mg, **CHOLESTEROL:** 0 mg

# Hummus, Beet & Feta Wrap

**SERVES 2. HANDS-ON TIME:** 10 MINUTES.  
**TOTAL TIME:** 10 MINUTES.

**MAKE IT TO GO:** Make wraps up to 1 day in advance and pack them to go.

## INGREDIENTS:

- 2 tbsp hummus
- 2 large sprouted or whole-grain tortillas
- ½ cup peeled and grated beet **(TIP:** cut beet into 3 or 4 big chunks and grate using the grating disc of a food processor or large holes of box grater.)
- 2 tbsp feta (15g)
- ½ packed cup rocket, roughly chopped

## INSTRUCTIONS:

Spread 1 tbsp hummus on each tortilla, leaving a 4cm border. Sprinkle evenly with beets, feta and rocket. To roll up, fold in 2 opposite sides of tortilla and roll, starting with the end closest to you. Slice each wrap in half on the diagonal. Wrap each wrap tightly in foil or parchment paper and refrigerate in an airtight container or zip-top bag. **(MAKE AHEAD:** May be made up to 1 day in advance.)

## NUTRIENTS PER SERVING (1 WRAP OR 2 HALVES):

**CALORIES:** 200, **TOTAL FAT:** 6 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 0.5 g, **POLYUNSATURATED FAT:** 0.5 g, **CARBS:** 28 g, **FIBRE:** 4 g, **SUGARS:** 3 g, **PROTEIN:** 7 g, **SALT:** 375 mg, **CHOLESTEROL:** 3 mg

SNACK





## Vietnamese Chicken Lettuce Wraps Bento Box

**SERVES 4. HANDS-ON TIME:** 20 MINUTES.  
**TOTAL TIME:** 30 MINUTES.

**MAKE IT TO GO:** Use a bento box with 4 separate compartments, or use 4 small containers. For each serving, separate ingredients into compartments or containers as follows:  $\frac{3}{4}$  cup chicken mixture;  $\frac{1}{2}$  cup quinoa; 4 to 5 lettuce leaves and  $\frac{1}{4}$  of mango wedges;  $\frac{1}{3}$  cup carrot and 2 lime wedges. These wraps are equally delicious whether they're served hot or cold.

### INGREDIENTS:

- $\frac{3}{4}$  cup quinoa, rinsed
- $\frac{1}{4}$  tsp sea salt
- $\frac{1}{3}$  cup chopped fresh mint leaves
- $\frac{1}{4}$  cup reduced-salt chicken broth
- $\frac{1}{4}$  cup rice vinegar
- $\frac{1}{4}$  cup fresh lime juice plus 8 lime wedges for serving
- 2 tbsp raw honey
- 1 tbsp fish sauce
- $\frac{1}{2}$  tsp potato starch
- 1 stalk lemongrass, root end trimmed, tough outer layers discarded
- Olive oil cooking spray
- 450g ground chicken breast
- 1 large shallot, sliced
- 3 cloves garlic, chopped
- $\frac{1}{4}$  tsp red capsicum flakes, or to taste

LUNCH

- $\frac{1}{4}$  cup roasted unsalted peanuts, chopped
- $1\frac{1}{3}$  packed cups grated carrot
- 1 to 2 mangoes, peeled and cut into small wedges
- 16 to 20 large Bibb or Boston lettuce leaves (from 2 heads)

### INSTRUCTIONS:

**ONE:** In a medium saucepan on high, bring  $1\frac{1}{2}$  cups water to a boil. Stir in quinoa and salt. When liquid returns to a boil, turn heat to low and cover and simmer until quinoa is tender (it should not go completely soft), 10 to 12 minutes. Remove from heat and allow quinoa to rest, covered, for 10 minutes. Drain any excess liquid and transfer to a medium bowl. Stir in mint. **(MAKE AHEAD:** Complete Step One up to 3 days in advance; refrigerate in an airtight container.)

**TWO:** Meanwhile, in a medium bowl, whisk together broth, vinegar, lime juice, honey and fish sauce (or add to a jar with a tight-fitting lid and shake until combined). To a small bowl, add potato starch and 2 tsp water and stir well. Keep both mixtures close at hand. Cut a 6 to 8cm piece from bottom of lemongrass stalk and discard rest. Cut in half lengthwise, then chop as fine as possible; set aside. **(NOTE:** You should end up with about 2 tbsp chopped lemongrass.)

**THREE:** Mist a large non-stick pan with cooking spray and heat to medium-high. Add chicken and shallot and cook, stirring occasionally and crumbling meat with a spoon, until chicken is no longer pink in centre, 6 to 8 minutes. Add garlic, capsicum flakes and lemongrass and cook, stirring constantly, for 1 minute. Add broth mixture and bring to a simmer; reduce heat to low. Add potato

starch mixture and stir to combine. Simmer just until slightly thickened, 1 to 2 minutes. Remove from heat and stir in peanuts. **(MAKE AHEAD:** Chicken mixture may be made up to 4 days ahead and refrigerated in an airtight container.) If serving immediately, divide chicken mixture, quinoa, carrot and mangoes evenly among lettuce leaves and squeeze lime wedges over top.

**NUTRIENTS PER SERVING** ( $\frac{3}{4}$  CUP CHICKEN,  $\frac{1}{2}$  CUP QUINOA,  $\frac{1}{2}$  MANGO):

**CALORIES:** 473, **TOTAL FAT:** 16 g, **SAT. FAT:** 3 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 58 g, **FIBRE:** 7 g, **SUGARS:** 27 g, **PROTEIN:** 27 g, **SALT:** 569 mg, **CHOLESTEROL:** 75 mg



## Chinese Chicken Salad WITH BRUSSELS SPROUTS

**SERVES 4. HANDS-ON TIME:** 15 MINUTES.  
**TOTAL TIME:** 15 MINUTES.

**MAKE IT TO GO:** Pack salad and dressing separately and toss together when ready to eat.

### INGREDIENTS:

- 450g Brussels sprouts, damaged outer leaves discarded, ends trimmed and shredded using a food processor **(TIP:** When processing Brussels sprouts, the "S"-shaped blade tends to work better than the shredding disc.)
- 340g ( $2\frac{1}{2}$  packed cups) shredded or chopped cooked chicken breast
- 6 to 8 radishes, trimmed and thinly sliced
- 6 shallots, thinly sliced
- 4 clementines or tangerines, peeled and sectioned

LUNCH



- ¼ cup toasted sliced unsalted almonds
- 3 tbsp rice vinegar
- 2 tbsp reduced-salt tamari
- 1½ tbsp raw honey
- 1 tbsp safflower oil
- 1½ tsp toasted sesame oil (**NOTE:** Toasted sesame oil is also referred to as Asian sesame oil.)
- 1 tbsp finely chopped fresh ginger

#### INSTRUCTIONS:

**ONE:** To a large bowl, add Brussels sprouts, chicken, radishes, shallots, clementines and almonds. Toss to combine. (**MAKE AHEAD:** Step One can be prepared up to 2 days in advance; refrigerate in an airtight container.)

**TWO:** In a small bowl, whisk together vinegar, tamari, honey, safflower oil and sesame oil until combined. Whisk in ginger. (**MAKE AHEAD:** Dressing can be made up to 2 days in advance and refrigerated in an airtight container or jar.) Pour over salad and toss well.

#### NUTRIENTS PER SERVING (2¼ CUPS):

**CALORIES:** 341, **TOTAL FAT:** 11 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 6 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 30 g, **FIBRE:** 7 g, **SUGARS:** 17 g, **PROTEIN:** 33 g, **SALT:** 102 mg, **CHOLESTEROL:** 72 mg

## Almond & Goat Cheese–Stuffed Strawberries

SNACK

**SERVES 2. HANDS-ON TIME:** 10 MINUTES.  
**TOTAL TIME:** 10 MINUTES.

**MAKE IT TO GO:** Prepare up to 1 day in advance and pack to go.

#### INGREDIENTS:

- 55g goat cheese, crumbled (about ½ cups)
- 12 toasted almonds, roughly chopped
- Pinch fresh ground black pepper, or to taste
- 12 large strawberries, cored

#### INSTRUCTIONS:

In a small bowl, combine cheese, almonds and pepper. Stuff strawberries with cheese mixture, dividing evenly. (**MAKE AHEAD:** May be made up to 1 day in advance and refrigerated in an airtight container.)

#### NUTRIENTS PER SERVING (6 STRAWBERRIES):

**CALORIES:** 156, **TOTAL FAT:** 10 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 10 g, **FIBRE:** 3 g, **SUGARS:** 6 g, **PROTEIN:** 7 g, **SALT:** 15 mg, **CHOLESTEROL:** 13 mg

## Pears with Blue Cheese & Honey

SNACK

**SERVES 2. HANDS-ON TIME:** 5 MINUTES.  
**TOTAL TIME:** 5 MINUTES.

**MAKE IT TO GO:** To prepare several hours ahead (such as before going to work in the morning), use lemon juice to prevent discolouration. Place each pear half in an individual airtight container and follow preparation instructions. Cover each container and refrigerate until ready to eat.

#### INGREDIENTS:

- 2 lemon wedges, optional
- 1 pear, halved and cored
- 30g blue cheese, crumbled (about ¼ cup)
- 2 tsp raw honey
- 2 tsp toasted unsalted sunflower seeds

#### INSTRUCTIONS:

Squeeze lemon juice over cut sides of pears to prevent discolouration (if using). Fill hollow core of each pear with about 2 tbsp of cheese. Drizzle evenly with honey and sprinkle evenly with sunflower seeds.

#### NUTRIENTS PER SERVING (½ PEAR):

**CALORIES:** 153, **TOTAL FAT:** 5.5 g, **SAT. FAT:** 3 g, **MONOUNSATURATED FAT:** 1 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 25 g, **FIBRE:** 4 g, **SUGARS:** 17 g, **PROTEIN:** 4 g, **SALT:** 197 mg, **CHOLESTEROL:** 11 mg



## Spinach Frittata Sandwiches

LUNCH

#### WITH MARINARA SAUCE

**SERVES 4. HANDS-ON TIME:** 15 MINUTES.  
**TOTAL TIME:** 20 MINUTES.

**MAKE IT TO GO:** Make sandwiches up to 1 day before; wrap tightly and refrigerate. Store individual portions of marinara in separate containers and refrigerate. Use marinara as a dipping sauce.

#### INGREDIENTS:

- 4 large eggs
- 2 large egg whites
- ½ tsp fresh ground black pepper
- 55g reduced-fat mozzarella cheese, grated (about ½ packed cup)
- Olive oil cooking spray
- 140g spinach leaves (about 5 cups), chopped
- 2 to 3 cloves garlic, chopped
- 4 whole-grain sandwich rolls or 8 slices whole-grain bread
- 1 cup natural marinara sauce

#### INSTRUCTIONS:

**ONE:** In a large bowl, whisk together eggs, egg whites and pepper. Whisk in cheese and set aside. Arrange oven rack in middle position and preheat griller to high. Mist a griller-safe, 25cm non-stick pan with cooking spray and heat to medium on stove top. Add spinach and cook, stirring occasionally until tender, 2 to 3 minutes. Add garlic and toss with spinach until softened, about 1 minute.

**TWO:** Pour eggs over spinach mixture and tilt pan to distribute evenly. When edges start to set, gently lift with a spatula and allow uncooked egg to run beneath. Repeat until liquid no longer runs to the edge, but centre of frittata is still wet, about 3 minutes total (lower heat if bottom of frittata is browning too quickly). Transfer to oven and grill until centre is no longer jiggly and frittata is cooked through, 2 to 3 minutes (watch carefully to avoid burning). Rest for 5 minutes.

**THREE:** Wearing an oven mitt (pan handle will be very hot), loosen frittata from pan with a spatula and slide onto a cutting board. Cut into 4 equal pieces to best fit the type of roll or bread you are using. (**MAKE AHEAD:** Prepare up to 2 days in advance through Step Three; refrigerate in an airtight container.)

**FOUR:** Divide frittata pieces among rolls. Serve each sandwich with ¼ cup of marinara as a dipping sauce. Both frittata and sauce may be served hot or cold.

#### NUTRIENTS PER SERVING (1 SANDWICH AND ¼ CUP SAUCE):

**CALORIES:** 313, **TOTAL FAT:** 10 g, **SAT. FAT:** 3 g, **MONOUNSATURATED FAT:** 2.5 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 37 g, **FIBRE:** 10 g, **SUGARS:** 9 g, **PROTEIN:** 21 g, **SALT:** 554 mg, **CHOLESTEROL:** 221 mg



wellness profile

*Sophie's Story:*

# LEADING THE CHARGE FOR CHANGE

BY ALEX AUSTIN

Australian mum Sophie Guidolin is inspiring other parents to give their children the gift of health through a clean eating lifestyle.

PHOTO CREDIT: NATHAN WALLACE



## wellness profile

**F**rom pregnant, overweight and unhappy to a healthy mother vibrant and full of energy, Sophie Guidolin made the choice to change so that she could raise two healthy boys. Now she is on a mission to change the world, one kitchen table at a time, by inspiring other mums to give their children the gift of health with a clean eating lifestyle.

Sophie is a fresh face on the Australian health and wellness scene. With an impressive resume, she is a personal trainer and certified sports nutritionist, a motivation coach, avid blogger and social media star. Recently, she opened her own gym, Hold Your Own, and has authored two successful cookbooks. But if you were to ask Sophie, she would simply tell you that she is a mum: a mum with a desire to help you transform your health and the health of your children through sharing her journey and passion for clean eating.

Today, Sophie glows. She is healthy and vibrant. With thick, glossy hair and a lean, toned frame you would be forgiven for thinking that she had always been this way. But, like many of us, in the past Sophie struggled with her weight, and as a mum-to-be she was unhappy, overweight and unhealthy.

"After I got married and moved interstate, I found it hard to keep a clean lifestyle and eat well," she says, "I gained 28 kilograms with my first pregnancy, and developed gestational diabetes."

Sophie also suffered from anemia and needed regular

injections to bring her B12 levels to a normal range. Her ailing health was the wake-up call she needed. "I realised a clean eating lifestyle wasn't a fad – it was extremely important for my health, and for my children's health." So as a new mum with a young son, Sophie made the choice to change.

Just as all great things start from something small, so too were the changes to Sophie's lifestyle. "I would put my eldest in a pram and just walk, sometimes for up to two hours," she says, "I started getting up at 4am every morning to find an hour to go

***"I realised being physically active is a great start, but to truly unlock the benefits of a fit and healthy lifestyle I had to overhaul my diet."***

to the gym. It was the only time I had to exercise! This really changed my life as the more I trained, the results began to show".

"I realised being physically active is a great start," says Sophie, "but to truly unlock the benefits of a fit and healthy lifestyle I had to overhaul my diet." Clearing her kitchen cupboard and rethinking what she ate, "I stopped eating processed foods and starchy carbohydrates. No more skipping meals and eating packaged foods on the run. I learnt to make the time to prepare healthy and whole foods, which gave me much more energy."

Soon Sophie's new habits became a new healthy lifestyle, the clean eating lifestyle that today she shares with the world. "I have never felt better," she says, "I am energetic, healthy, glowing and vibrant and I have loved being able to teach my children the importance of nutrition, by giving them the gift of health." As an online inspiration and Aussie role model, she says, "it has been an honour to help thousands of women around the world turn their life around through my books and program. I've seen mind-blowing weight loss success stories, behavioural problems with children resolved without medication – the list is endless!"

In many ways, Sophie's clean eating lifestyle was a return to her childhood. "My mum was a huge inspiration for me," says Sophie. "She raised us on a whole foods diet with no sugar, minimal dairy and no additives or chemicals. She taught me how to cook clean foods, and she taught me many of the recipes in my books." The influence of her mother has led Sophie to live by the quote "Today's preparation equals tomorrow's success." Often sharing this with others, she keeps it front of mind when tending to her two boys.

However, despite raising a thriving and healthy family, there were times when Sophie's approach was frowned upon. She recalls, "When my boys started going to school, I butted heads with the kindergarten principal.

CONTINUED ON  
NEXT PAGE ➔



## wellness profile



He handed me a guideline as to what was allowed in my child's lunch box – I wasn't happy to say the least. I found my own baked goodies and homemade bread were met with scrutiny." As a young mum, Sophie was shaken, "I left in tears and felt quite isolated even though I knew I was doing the best thing for my son."

This experience led Sophie to create her second cookbook *My Kids Eat*. She wanted to help other mums give their kids the best natural start in life through tasty recipes packed with nutrition. "I also wanted to show busy mums there are simple ways to prepare fresh meals for your kids by cooking smarter – I am living proof!"

Healthy, lean and fit, Sophie believes that when you eat whole foods, you don't need to count calories. As a working mum to Ryder, six, and Kai, now seven, Sophie says the secret to balancing her health and busy schedule is preparation and to be organised. "I commit to routine," she says, "so that even when I lack motivation the routine kicks in and I arrive at the gym."

To other mums who are starting out on their journey to raise a healthy, clean eating family, Sophie reminds you "there is no quick fix, just hard work. Set goals, create a meal plan and an exercise program, and don't beat yourself up if you occasionally slip up. Be kind to yourself," she says, and always remember, "even the pros were once amateurs."

Sophie made the choice to change for her children. She stayed true to what she believed in and defied the status quo. Journeying from overweight and unhappy to becoming a healthy role model for mums around Australia, Sophie has paved her own path filled with great achievement, utter disappointment, new lessons and a lot of hard work.

For Sophie, the future is bright and full of possibility. "I have big plans," she says, but most importantly, "I want to help as many people as I can look and feel the best they possibly can."

PHOTO CREDIT: OZ SPINIELLO



## Sophie's Instant Hot Chocolate Sticks

### INGREDIENTS

- 2 tablespoons cacao powder
- 2 tablespoons cacao butter, melted
- 2 teaspoons maple syrup
- 1 dash vanilla extract

### DIRECTIONS

Combine the ingredients in a food processor until smooth. Pour the mixture into an ice cube tray or patty pans and place a popsicle stick into the middle. Set in the freezer and use as required.

### TIP

To use, simply warm one cup of your favourite milk, then stir the stick until the chocolate has melted. ☺

PHOTO CREDIT: SUSIE BURCHER



# SUPER STACKED SANDWICHES

RECIPES BY MARIANNE WREN, PHOTOGRAPHY BY GIBSON & SMITH

When the good ol' peanut butter and jam sandwich just won't cut it, reach for one of these colossal and indulgent sandwich creations that are all waistline friendly.





# Buffalo Blue Cheese Club

p. 61

## Improve Your Life:

With just 313 calories, this sandwich provides 27 grams of protein – an important nutrient for muscle health as well as healthy skin and nails. Carrots and celery also add a nutrient boost as they both contain phenolic acids, which help fight against oxidative damage in the body.





## recipes

# "Fried" Chicken & Slaw Sandwich

**SERVES 2. HANDS-ON TIME: 20 MINUTES.**  
**TOTAL TIME: 25 MINUTES.**

Ditch the deep fryer – these thin, crisp chicken fillets made in the pan taste even better than the fried variety. Topped with a creamy slaw made with cabbage, cranberries and yoghurt, this makes for a full meal in a sammie.

### INGREDIENTS:

- $\frac{1}{3}$  cup plain yoghurt, divided
- $\frac{1}{3}$  cup bread crumbs
- 1 170g chicken breast, sliced in half crosswise
- Olive oil cooking spray
- 2 tsp apple cider vinegar
- 1 tsp pure maple syrup
- 2 cups shredded cabbage (Napa, green or red cabbage)

- 2 tbsp unsweetened dried cranberries
- 2 whole-grain buns, split

### INSTRUCTIONS:

**ONE:** Into 2 separate shallow dishes, place  $\frac{1}{4}$  cup yoghurt and crumbs. Dip chicken in yoghurt then dip in crumbs, turning to coat both sides. Mist a large non-stick pan with cooking spray and heat on medium-high. Add chicken and cook, turning once, until golden brown and no longer pink inside, about 7 minutes.

**TWO:** Meanwhile, in a large bowl, combine remaining yoghurt, vinegar and maple syrup. Add cabbage and cranberries, tossing to coat. Divide chicken and cabbage mixture between buns.

### NUTRIENTS PER SERVING (1 SANDWICH):

**CALORIES:** 308, **TOTAL FAT:** 5g, **SAT. FAT:** 1g, **MONOUNSATURATED FAT:** 2g, **POLYUNSATURATED FAT:** 2g, **CARBS:** 41g, **FIBRE:** 6g, **SUGARS:** 9g, **PROTEIN:** 25g, **SALT:** 309mg, **CHOLESTEROL:** 50mg

**TIP:** When shopping for breads, have a look at their weights before purchasing – opt for sliced breads that are about 30g per slice, and rolls and roti that are about 40 to 55g each. This will help keep your overall calorie and salt content low.







# Fish & Chips On a Bun

**SERVES 2. HANDS-ON TIME: 20 MINUTES.**  
**TOTAL TIME: 30 MINUTES.**

Craving your favourite crispy fish and potato chips? This sandwich packs both fish and chips inside 1 sandwich, and is topped with a rich lemon-caper sauce for the ultimate meal experience. For added colour, add tomato slices to the sandwich if you have some on hand.

## INGREDIENTS:

- 2 tsp safflower oil
- 1 Yukon gold potato, scrubbed and very thinly sliced
- 2 110g fish fillets, about 2cm thick
- Sea salt and fresh ground black pepper, to taste
- 2 tsp brown rice flour
- 1 tbsp olive oil mayonnaise
- 1 tbsp capers, drained and roughly chopped
- 1 tsp each grated lemon zest and fresh lemon juice

- ½ cup fresh flat-leaf parsley leaves
- 2 whole-grain ciabatta buns, split

## INSTRUCTIONS:

**ONE:** In a large pan on medium-high, heat oil. Working in batches, if necessary, arrange potato slices in pan in a single layer. Cook, flipping once, until golden brown and crispy, about 2 to 3 minutes per side. Transfer to a plate and cover to keep warm.

**TWO:** Sprinkle fish with salt, pepper and flour, coating both sides. In same pan on medium-high, add fish and cook for 4 to 7 minutes, flipping once, until golden brown and opaque throughout. Transfer to a plate and cover to keep warm.

**THREE:** In a small bowl, combine mayonnaise, capers, lemon juice and lemon zest. Divide mayonnaise mixture, potatoes, fish and parsley evenly among buns.

## NUTRIENTS PER SERVING (1 SANDWICH):

**CALORIES:** 345, **TOTAL FAT:** 12g, **SAT. FAT:** 1g, **MONOUNSATURATED FAT:** 2.5g, **POLYUNSATURATED FAT:** 7g, **CARBS:** 47g, **FIBRE:** 5g, **SUGARS:** 2g, **PROTEIN:** 15g, **SALT:** 551mg, **CHOLESTEROL:** 25mg

# Buffalo Blue Cheese Club

**SERVES 2. HANDS-ON TIME: 15 MINUTES.**  
**TOTAL TIME: 15 MINUTES.**

Spicy chicken breast, crunchy carrots and celery, and a creamy blue cheese sauce studded with chives make this club sandwich a force to be reckoned with. Celery leaves can make a colourful and flavourful addition to this sandwich without adding any additional ingredients.

## INGREDIENTS:

- 110g cooked chicken breast, shredded
- 1 tbsp hot sauce
- ¼ cup plain yoghurt
- 1 tbsp crumbled blue cheese
- 1 tbsp chopped fresh chives
- 4 slices whole-grain bread
- 2 stalks celery, julienned
- 1 carrot, peeled and julienned

## INSTRUCTIONS:

**ONE:** In a medium bowl, combine chicken and hot sauce and toss until well coated.

**TWO:** In a small bowl, combine yoghurt, blue cheese and chives. Toast bread until golden and lay on a cutting board. Spread about 1 tbsp blue cheese mixture over each slice.

**THREE:** Top 2 slices with half of each celery, carrot and chicken mixture; sandwich each with remaining 2 slices of bread. Cut each sandwich in half and stack with a toothpick, if desired.

## NUTRIENTS PER SERVING (1 SANDWICH):

**CALORIES:** 313, **TOTAL FAT:** 9.5g, **SAT. FAT:** 3g, **MONOUNSATURATED FAT:** 4g, **POLYUNSATURATED FAT:** 2g, **CARBS:** 30g, **FIBRE:** 6g, **SUGARS:** 6g, **PROTEIN:** 27g, **SALT:** 494mg, **CHOLESTEROL:** 55mg



# East Meets West Eggplant Roti



**SERVES 2. HANDS-ON TIME:** 20 MINUTES.  
**TOTAL TIME:** 25 MINUTES.

What do you get when you mix East Indian curried eggplant vindaloo with West Indian roti? You get the ultimate, flavour-packed curry with the convenience of a wrap. We prefer madras-style curry powder here, though any curry powder you have on hand will work. If you like more heat, try adding a pinch of cayenne along with the curry powder.

## INGREDIENTS:

- 2 tsp safflower oil
- 1 small yellow onion, thinly sliced
- 4 Indian eggplants, cubed  
(**NOTE:** Any type of eggplant can work here; you will need 1½ cups cubed.)
- 1 clove garlic, minced
- 1 tsp peeled and grated ginger
- 1 tsp garam masala
- 1 tsp madras curry powder
- 2 plum tomatoes, chopped
- 2 whole-wheat roti or whole-wheat tortilla wraps
- ½ cup fresh coriander leaves

## Improve Your Life:

This whole-grain, veggie-rich roti contains 7 grams of dietary fibre. Not only is fibre important for heart health, but it's also a key factor in regulating blood sugar. Fibre also plays an important role in preventing obesity and in lowering your risk of certain types of cancer.

## INSTRUCTIONS:

**ONE:** In a large pan on medium-high, heat oil. Add onion and cook for about 3 to 4 minutes, stirring frequently, until onion is softened. Add eggplant and cook, stirring frequently, until eggplant is browned on all sides, about 5 minutes. Add garlic, ginger, garam masala and curry powder and cook, stirring frequently until fragrant, about 45 seconds. Add tomatoes and cook until they begin to soften, about 2 minutes. Add ¼ cup water, reduce heat to medium-low and simmer, stirring frequently, until

water is almost completely absorbed, 1 to 2 minutes. Remove from heat and allow to cool slightly, about 5 minutes.

**TWO:** Lay roti on a cutting board and place half of each eggplant mixture and coriander onto centre of each. Fold in 2 sides then roll up. Slice in half, if desired.

## NUTRIENTS PER SERVING (1 ROTI):

**CALORIES:** 216, **TOTAL FAT:** 8g, **SAT. FAT:** 1g, **MONOUNSATURATED FAT:** 2g, **POLYUNSATURATED FAT:** 5g, **CARBS:** 33g, **FIBRE:** 7g, **SUGARS:** 5g, **PROTEIN:** 6g, **SALT:** 198mg, **CHOLESTEROL:** 0mg





# French Grand Slam

**SERVES 2. HANDS-ON TIME:** 20 MINUTES.  
**TOTAL TIME:** 30 MINUTES.

If you're a French toast lover, this is the sandwich for you. Sweet and velvety maple cream cheese spread, poached egg and crisp turkey bacon are sandwiched between 2 slices of savoury French toast. This is the ultimate meal for any time of day.

## INGREDIENTS:

- 3 large eggs, divided
- 2 large egg whites
- ½ cup milk
- 1 tsp pure vanilla extract
- Olive oil cooking spray
- 4 slices whole-grain bread
- 2 x 30g slices turkey bacon, no added nitrates or nitrites
- 2 tbsp cream cheese, room temperature

- 1 tbsp pure maple syrup
- 1 tsp white vinegar

## INSTRUCTIONS:

**ONE:** In a large bowl, combine 1 whole egg, egg whites, milk and vanilla. Mist a large pan with cooking spray and heat on medium-high. Dip bread slices into egg mixture, turning to coat. Add to pan, in batches if necessary, and cook for about 4 minutes, turning once, until golden brown. Transfer to a plate and cover to keep warm. Wipe out pan, mist again with cooking spray and return to medium-high heat. Add bacon and cook, flipping once, until crispy, about 5 to 6 minutes. Transfer to a plate and cover to keep warm.

**TWO:** In a small bowl, beat together cream cheese and maple syrup with a spoon. Spread cheese mixture on 2 of bread slices, dividing evenly, and top with bacon.

**THREE:** Fill a medium pot with 3 centimetres water and heat on medium. Add vinegar and bring to a gentle simmer. Crack remaining 2 whole eggs into 2 small bowls. (**TIP:** To help with poaching, you can place the uncracked egg into simmering water for 10 seconds and then crack it into a small bowl. This gives the whites a head start and helps them coagulate better when poaching.) Swirl water vigorously with a wooden spoon and slip eggs into water. Poach eggs until whites are set but yolks are still runny, about 4 minutes. Remove from water with a slotted spoon and drain off all water. Place eggs over top of bacon, then top with remaining slices of bread.

## NUTRIENTS PER SERVING (1 SANDWICH):

**CALORIES:** 437, **TOTAL FAT:** 19g, **SAT. FAT:** 7g, **MONOUNSATURATED FAT:** 6g, **POLYUNSATURATED FAT:** 4g, **CARBS:** 36g, **FIBRE:** 4g, **SUGARS:** 14.5g, **PROTEIN:** 29g, **SALT:** 652mg, **CHOLESTEROL:** 326mg



# KID'S PARTY: SURVIVAL TACTICS

BY KIRA WESTWICK

**Birthday parties are a magical time of celebration, fun and happy family memories; that is if you can block out the inevitable post-party meltdowns from your mind! Kira Westwick shows us how to host a wholesome birthday party that EVERYBODY will love...**

It never ceases to amaze me how dramatically sugar and additives can affect a child's behaviour. An abnormally hyperactive child after a party is never an encounter I look forward to. Admittedly over the years I've experienced a lot of peer pressure to lighten up; after all 'it's just one party.' However, there's plenty of science to back up the concerns of health-conscious parents.

Accompanying every sugar high is an inevitable low. When blood glucose levels

crash, there is a compensatory release of adrenaline, causing symptoms such as shakiness, sweating, and altered thinking and behaviour. Team this with the artificial additives that go hand in hand with sugar-laden foods, and the impressionability of immature bodies, and you've likely got a ticking time bomb of delinquency on your hands! As the famous Dr. Sears so eloquently puts it: "Studies of the effects of sugar on children's behaviour are as wildly contradictory as a sugar-crazed four-year-old

after a birthday party, but the general consensus is that behaviour, attention span and learning ability deteriorate in proportion to the amount of sugar they consume."

This leads me to ponder... is junk food really the best way to 'treat' our children, or simply an outrageous paradox? Over the years I have equipped myself with a few party survival tricks to lessen the impact of party meltdowns, whilst still creating joyful celebratory memories.



## SURVIVAL TACTICS FOR THE HOST

- ★ Somewhere in time, processed food became a prerequisite to creating a party atmosphere. However, it's a misconception that a vast array of sugary, additive-laden junk foods is necessary to enhance these enchanting moments, and giving the impression that these are 'treat' foods only increases their appeal. Nature offers an infinite and stunning assortment of vibrant, healthy and delicious treasures to choose from, and with just a little creativity in preparation, these can be equally as delightful – just try my mouth-watering watermelon slushy and clean cake pops on page 66!
- ★ Replace dreadfully processed frankfurters, soft drink, chips and lollies with cleaner treats. My go-to party foods include charming little cups filled with popcorn arranged on cupcake tiers, delicious dark chocolate-dipped strawberries, vibrant rainbow fruit skewers with fondue, cute and tasty watermelon, and cheese stacks using cookie cutters, cookie cutter sandwiches filled with wholesome yummy fillings, halved boiled egg boats festooned with pirate flags, sparkling water bejewelled with berries and served with fancy straws, and platters of homemade treasures such as pizza, sausage rolls, meatballs, potato wedges, sushi, rice paper rolls, mini quiches and chicken skewers - the options are endless! Or keep it simple and budget-friendly with a BBQ.
- ★ Opt for good quality chocolate where possible to sweeten up the party. Although it still contains sugar, it is far less likely to be full of toxic colours and additives found in other lollies that induce hyperactivity and poor health.
- ★ Try giving party bags a wholesome makeover. A lolly bag packed full of discount warehouse goodies such as pens, balloons, notepads, toy cars, hair ties, bubbles and stickers are just as fun. Alternatively have a Freddo Frog treasure hunt or give away small prizes for party games in place of lolly bags.
- ★ Plan some exciting, interactive and energetic entertainment so the fun of the party is not centered on food! This is a great way for dads to get involved too.
- ★ Check out discount stores for cheap table dressings, cupcake tiers, napkins, cups, straws and party hats - you can create a bright and magical atmosphere on a budget.

## SURVIVAL TACTICS FOR THE GUEST

- ★ Set some reasonable boundaries before the party, or they will assume it's a free-for-all, first-in-best-dressed, eat-as-much-as-you-can-get-your-grubby-little-mitts-on opportunity! Children feel empowered by choices, so free them with the chance to make their own decisions on what treat they can wholeheartedly enjoy at the party. This tactic works so beautifully with my daughter, she never questions it and she now reminds me of the appropriate boundaries on the way to parties. It's so important to teach your children that one piece of cake is an appropriate serving of junk food in one sitting, not all the cake, lollies, cookies, muffins and frankfurts you can eat!
- ★ Nourish children with dense, wholefoods daily and before parties, as this naturally reduces their desire for junk food. When they are satisfied on a meal of healthy protein and fats, they are naturally less compelled to commence a ravenous frenzy of sugar consumption.
- ★ When children do overindulge in sugary junk food and feel poorly as a consequence, support them in making the connection so they understand what they choose to eat greatly affects how they feel. When they make this association, junk food loses some of its lustre, and children become independently equipped to make better choices in the future.
- ★ Above all, establishing a healthy balanced food culture within your home that fosters the natural development of these values in your children is by far the greatest influence you can ever have on their relationship with food. This way they can independently apply these values to any situation they find themselves in – whether you are there to monitor and influence their choices in the moment or not.





## WATERMELON SLUSHY

Serves 16

Soft drink is one of the worst offenders when it comes to behaviour-altering sugar and additives. Luckily I've found children are even more delighted with this brightly coloured, naturally sweet treat that will actually ADD value to their health!



### Ingredients:

- 1 medium watermelon, cubed and frozen
- 1 packet fresh or frozen strawberries or raspberries
- 2-4 cups filtered water, as needed
- 1 tbsp maple syrup or raw honey, optional

### Method:

1. Cut watermelon into cubes and freeze overnight.
2. Fill a blender 2/3 full with watermelon, add a handful of berries to boost the colour and flavour, and a small dash of maple or honey

3. Add more water if needed to reach desired consistency of a slushy.
4. Repeat with remaining ingredients.

### SERVING SUGGESTION:

Serve in a large jug or individual glass bottles with brightly coloured straws.

## CAKE POPS

Makes 24

Here's an extra healthy AND tasty way for kids to enjoy the latest trend in birthday cakes!

### Ingredients:

- 3 cups any raw nuts (almonds and macadamias taste best\*)
- 1½ cups pitted dates
- 3 tbsp extra virgin coconut oil
- Seeds of one plump vanilla pod or 1 tsp real extract
- 3-4 heaped tbsp raw cacao or cocoa powder, to taste
- ½ cup desiccated coconut

\*Replace nuts with sunflower seeds for nut-free parties.

### Presentation equipment:

- 1 block of 70 or 85% dark chocolate, melted in a small deep bowl
- 1 packet of lolly pop/cake pop sticks
- 1 empty tissue box or a nice serving tin
- Colourful wrapping or tissue paper

### Method:

1. Process the nuts until they resemble fine breadcrumbs. Add all remaining ingredients and continue processing until very smooth and the mix

starts coming together in a ball - this is the secret to well formed balls.

2. Taste and adjust any flavours or textures if needed. You do not want the mixture too wet as they will not hold their shape, or too dry that they will not stick together. If the mix is too dry add more coconut oil. If it is too wet add more desiccated coconut or cacao.
3. Roll into balls and gently slide onto pop sticks. Let them firm up in the freezer to make them easier to work with.

4. Dip balls into melted chocolate, and gently lay on a tray lined with non-stick baking paper. Set in the fridge.
5. Wrap empty box with wrapping paper and use a sharp metal skewer to poke holes into the box. Alternatively fill a nice tin with shredded tissue paper. Stand cake pops in the box or tin just before serving.



### SERVING SUGGESTION:

Dip cake pops into crushed nuts, desiccated coconut or natural sprinkles available in the health food store if desired. 🍌



## FEATURED BLOG: The Gratitude Project

The Gratitude Project is a space to help you to increase your energy, bliss and happiness and reduce your toxic load - not only

through the food that nourishes you, but also within your mindset, spiritual and lifestyle choices. Angela Simson

founded the site to help people transform their lives through the mantra "gratitude turns what we have into enough". She

truly believes that when given the tools to nourish your body, your mind and life will flow in a more clear and vibrant way.



[www.the-gratitude-project.com](http://www.the-gratitude-project.com)

### Delicious Date Slice

RECIPE BY ANGELA SIMSON

PHOTO BY JENNA AGIUS

SERVES: 12

HANDS ON TIME: 15 MINUTES

TOTAL TIME: 50 MINUTES

#### INGREDIENTS:

- 2 cups + ½ cup gluten-free oats
- 1 cup desiccated coconut
- ¼ cup + ¼ cup coconut oil
- ½ cup rice malt syrup
- 2 cups medjool dates – pitted and chopped
- 1 cup filtered water
- 1/3 cup coconut sugar
- 1 cup almond meal

#### INSTRUCTIONS:

**ONE:** Preheat oven to 180°C. Line a 20cm by 20cm tin with baking paper.

**TWO:** Place dates, water and 1 tablespoon of the coconut sugar in a small saucepan over medium heat and simmer, stirring occasionally, until the water has evaporated – about 10 minutes.

**THREE:** While the dates are cooking, blitz 2 cups of oats, desiccated coconut, ¼ cup coconut oil and rice malt syrup in a food processor. It should come together and be a little sticky.

**FOUR:** Pour base mixture into baking tray and press flat with your fist.

**FIVE:** Top with the sticky date mixture and spread evenly.

**SIX:** To make the crumble – combine the remaining ½ cup of oats, almond meal and what is left of the coconut sugar in a large bowl with ¼ cup coconut oil. Sprinkle the crumble over the tray, press down lightly with your fingers and place in the oven.

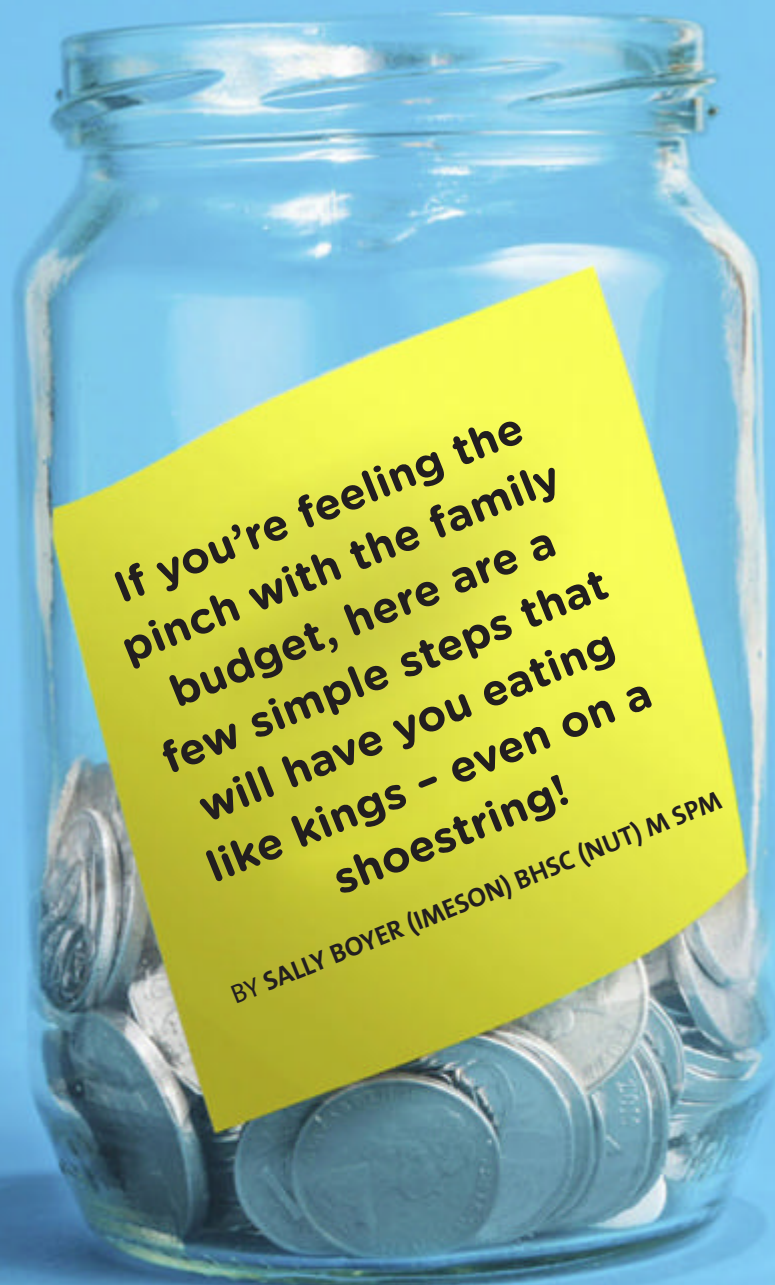
**SEVEN:** Bake for 30 minutes and let cool. Slice into bars and enjoy warm or cool from the fridge. 🍪



Do you have a clean eating blog that we should know about?  
Send us an email at [features@fitmedia.com.au](mailto:features@fitmedia.com.au) and your recipe could feature in the next issue!



# Eat Clean, on a Shoestring



**If you're feeling the pinch with the family budget, here are a few simple steps that will have you eating like kings - even on a shoestring!**

**BY SALLY BOYER (IMESON) BHSC (NUT) M SPM**



**W**hen the financial pressure ramps up, the first casualty in the family budget is often the freedom around food choice. If you are a 'conscious clean eater' then this can cause great heartache and concern that we will not

be able to honour our values and strong desire to feed our temple the 'best of the best'.

As a past student, foodie, nutritionist, mother and wife of a world-class athlete I have been in many situations where my budget has not been able to 'stretch' to cover my

nutritional desires. So over the years I have learned what is possible to achieve even if you're living on a shoestring!

This is how you can achieve Clean Eating on a budget:

### Lesson 1

#### **Cook the 'flavour-boosting' elements of a dish from scratch**

Sound difficult? It's absolutely not. Create recipe bases, for example casserole dishes, just using good quality salt, herbs, spices, tomato paste and water.

So no more long-life packet sauces or recipe bases bought from the supermarket – you do not need them and they will slowly but surely drain your funds!

**TIP:** Grow your own grown herbs and salad basics at home, ask your neighbours to share or swap produce, and look for clearance tickets or quick sale items in the supermarket.

### Lesson 2

#### **Get the most bang for your buck with eggs**

Eggs contain a small portion of almost every nutrient that our bodies need – now that's a really powerful food to have in your daily menu plan and they can be extremely cheap.

The incredible nutritional breakdown of eggs includes vitamin A, folate, vitamin B5, vitamin B12, vitamin B2, phosphorus and selenium. Eggs also contain decent amounts of vitamin D, vitamin E, vitamin K, vitamin B6, calcium and zinc.

**TIP:** Chickens can produce one egg every day, so for people who have large chicken coops there can often be more eggs produced than one family or person can eat. Ask your neighbours, around school, your local community church or work colleagues for excess eggs. Free range eggs are obviously your first preference, especially if they are being given away, or can be bought for around \$4-6 per carton.

### Lesson 3

#### **Get in just before closing time and pick up cheap fruit and veg!**

Go to your local farmers markets or fruit shop one hour before close time when the vendors are often heavily reducing their prices – sometimes they even give away what they cannot sell. Buy lots of staples like pumpkin, sweet potato, onions, cabbage – choose the most versatile vegetable items that suit your cooking style.

**TIP:** Eating a rainbow of colours will ensure adequate nutrition provided via fruits and vegetables. Take note of what colour your 'on sale' items are and try to switch it up the following week by making a different colour choice from the sale items available.





## feature

### Lesson 4

#### Go meatless more often with legumes

Clean eating on a budget will require you to eat at least three to four vegetarian main meals per week, and legumes are powerhouse little gems that will add a great protein boost to your eating plan. Make it your goal to perfect three to four vegetarian meals using legumes like lentils, chickpeas and kidney beans.

**TIP:** Buy your legumes dry rather than in a can – this may take more time but it will save you big bucks! Another great idea is to head down to your local library and photocopy a few simple recipes from an Indian

cookbook. Indian cuisine is famous for creating clean gourmet meals by using the simplest ingredients.

### Lesson 5

#### Follow the \$10 per kilo rule when buying meat

When it comes to meat, anything for under \$10 per kilo is my general rule for eating clean on a budget. For example, a good quality mince can be found for under \$5 per kilo. Casserole meats can be found for \$5-6 per kilo. Some supermarkets stock free range chicken for under \$5-6 per kilo (such as chicken wings or chicken legs).

**TIP:** Using meats that are on the

bone (fish, chicken, beef, lamb etc.) are really great value for the nutritional boost that they give the body. Don't miss out on this one as the benefits of cooking with bone are enormous. The amino acids and gelatin work wonders on healing the lining of the gut and healing joints, cartilage and even promoting better collagen production in the skin.

### Lesson 6

#### Ferment your own vegetables at home

The ultimate skill for great health on a budget would be home fermenting vegetables. Why?

Having a scoop of homemade

fermented vegetables with each meal will encourage maximum absorption of nutrients and excellent digestion as this is the base of great lifelong health.

You can spend your money on store-bought home-fermenting kits with the specific bacteria, jars and testing equipment or you can surf the internet to find 'do it all yourself' variations that will require a little more trial and error until you find the right technique and storage utensils that suit your kitchen environment.

**TIP:** Start by trying sauerkraut or kimchi as these are two well known pantry items that German and Asian cultures thrive on.

## SALLY'S FAVOURITE BUDGET RECIPE

### Divine Chicken Casserole

#### Ingredients

- 1kg chicken drumsticks (\$5.56 per kilo - free range from Aldi)
- 2 brown onions, diced
- 4 cloves garlic, crushed
- 2 carrots, peeled and diced
- 4 potatoes, peeled and diced
- 1 cup mushrooms, diced
- 1 tsp dried or fresh thyme
- Very generous pinch sea salt

#### Method

1. In your slow cooker place the chicken drumsticks with onions, garlic, carrots, potatoes, mushrooms, thyme.
2. Then cover the ingredients with filtered water. \*\*\*Whenever possible place a tablespoon of apple cider vinegar into the water to help extract the minerals from the bone before slow cooking.
3. Slow cook for 4-5 hours
4. Serve with any fresh herbs from the garden, or excess greens that you have in your garden. 🍴

#### ABOUT THE AUTHOR

Sally Boyer is the author of 'How to Feed a Family on \$50 per week with Great Nutrition,' which includes a 20-step strategy and 50 easy-to-use recipes. After spending the best part of a decade in tertiary institutions teaching health science and nutrition, Sally has developed this valuable skill set which allows her to teach others how to make better choices with the food they eat, to find better health, energy and ultimately perform better in life. For more information visit: [www.howtofeedafamily.com](http://www.howtofeedafamily.com)



PHOTO CREDIT: SHUTTERSTOCK.COM



# FROM CHEATING TO CLEAN EATING

## The Ultimate Clean Eating Fantasy Food competition

We all have those favourite foods that we wish weren't so unhealthy – nachos, cheeseburgers, fish and chips, and - of course - chocolate cake. Sometimes all it takes is a glimpse of these sweet or salty saboteurs to tempt you and cause you to question your commitment to eating clean.

But what if you could have your cake and eat it too by enjoying a version of your favourite cheat foods that was healthy and nutritionally sound?

Well, daydream no longer because that's exactly why we have created the **Ultimate Clean Eating Fantasy Food competition!**

We're asking you, our fantastic Clean Eating readers, to tell us what typically unhealthy dishes you love and wish there was a healthy version of. Not only could you win the chance to have your guilty pleasure turned into a delicious and nutritious dish,

**you could win the major prize of a \$2,000  
Clean Eating product hamper  
(which includes a \$1000 Musashi prize pack),  
or one of five \$100 Musashi prize packs  
which are up for grabs.**

**IT'S DELICIOUSLY SIMPLE TO ENTER!**

Just head to [www.cleaneating.com.au](http://www.cleaneating.com.au) and tell us in 50 words or less **what typically unhealthy dish you would love to see a healthy version of**. Entries will be judged on their **desirability** and **originality**, with the winning entries turned into healthy and nutritious recipes designed exclusively by the team at Clean Eating Magazine.

So why just wish for a world where your favourite cheat foods were good for you? Enter the **Ultimate Clean Eating Fantasy Food competition** today and we might just turn it into a reality!

\*Entries close 30th April 2015 | \*See website for competition T&Cs



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CleanEating  
Improving your life one meal at a time.



## recipes

### ABOUT THE RECIPE CREATOR

Lisa McInerney is a mum and a chiropractor from Victoria who has a passion for healthy, creative baking. With two young sons she knows the value of providing the best possible nutrition to create healthy bodies and minds. Lisa believes that making healthy choices doesn't mean you have to miss out on great tasting food. Her website, [www.mummymade.it](http://www.mummymade.it), features healthier versions of your favourite desserts and treats using gluten-free, paleo-friendly and natural ingredients. Lisa has a fascination with using sweet potato in desserts and many of the recipes use vegetables and fruits in ways you have never imagined. Healthy can be tasty!

# AFTER SCHOOL SNACKS THAT WON'T RUIN DINNER

*Because believe it or not,  
they're all CLEAN!*

RECIPES & IMAGES BY  
LISA MCINERNEY, FROM  
[WWW.MUMMYMADE.IT](http://WWW.MUMMYMADE.IT)



They come running off the bus and into the house, and they're **STARVING!** "We can't wait until dinner," they scream! Luckily, you prepared a healthy after-school snack before they arrived, and it's so delicious they won't even know it's good for them!



## Choc-Hazelnut Cupcakes

WITH "NUTELLA" FROSTING

There are several steps to this nutritiously decadent dessert, so make sure you read the recipe once through before you begin!

MAKES 9 CUPCAKES

PREPARATION TIME: 10 MINUTES

COOKING TIME: 18 MINUTES

### INGREDIENTS (CUPCAKES ONLY):

- 4 eggs
- ½ cup maple syrup
- 2 tsp vanilla extract
- 1/3 cup cocoa
- 1/3 cup coconut flour
- 1/3 cup hazelnut meal
- 4 tsp baking powder
- ½ cup milk (of choice)

### INSTRUCTIONS:

**ONE:** Preheat the oven to 175°C.

**TWO:** Place the egg whites into a bowl of a kitchen stand mixer with a whisk attachment and whisk the egg whites on medium/high until soft peaks form. Slowly add the maple syrup and vanilla extract. Add the egg yolks and whisk on medium until combined. Add the milk.

**TWO:** In a separate bowl sift the coconut flour, hazelnut meal, cocoa and baking powder. Then, with the mixer on medium/low, add the flour mixture to the mixing bowl. Whisk until everything is just combined (tip: do not overmix).

**THREE:** Place nine cupcake liners in a tray and lightly grease. Evenly pour the mixture into the liners and smooth the top of the cupcakes. Bake for 18 minutes, or until cooked through.

**FOUR:** Remove from the oven. Wait five minutes before removing the cakes from the tray and allow to cool.

**FROST** with "Nutella" whipped cream frosting once cupcakes are completely cool (see recipe on next page).



## recipes

# “Nutella” whipped cream frosting

PART 1 (THE “NUTELLA”)

*MAKES APPROXIMATELY ½ CUP*

### INGREDIENTS:

- 1 cup raw hazelnuts (120 grams)
- 2 tsp vanilla extract
- 1½ tbsp cocoa
- ¼ cup maple syrup
- ¼ cup milk (of choice)
- Dash of salt

### INSTRUCTIONS:

**ONE:** Roast the hazelnuts for 8-10 minutes at 200°C.

**TWO:** Rub them together in a paper towel or a tea towel to remove the skins (tip: it's ok if a few stubborn skins won't come off).

**THREE:** Add all the ingredients and blend until smooth and spreadable (this may take a few minutes)

Keep refrigerated.

PART 2 (THE FROSTING)

### INGREDIENTS:

- 400ml can coconut cream (lid removed from can and can left in the fridge for 24 hours. The thickened portion is the cream: it should measure 1½ cups. Discard the watery remains).
- 2 tbsp maple syrup
- 2 tsp vanilla extract
- 2 tbsp cocoa
- ½ cup “Nutella” (see recipe above)

### INSTRUCTIONS:

**ONE:** Remove the thickened cream from the can and place on the bowl of a kitchen stand mixer with a whisk attachment. The cream should measure 1½ cups.

**TWO:** Add the maple syrup, vanilla and cocoa and whisk until thickened. Add ½ cup “Nutella” to the cream and whisk (the ratio is 2 tablespoons of “Nutella” per ½ cup coconut cream so change the amount if your can of cream yielded less than 1½ cups).

**THREE:** Place the cream in the fridge to thicken before piping onto the cupcakes.





# Baked Chocolate Donuts

(WITH HIDDEN VEGGIES)

MAKES 8

## INGREDIENTS:

- ¼ cup almond butter (at room temperature, other nut butters can be substituted)
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- 1 egg
- ¼ cup sweet potato purée
- 1/3 cup and 1 tbsp milk (of choice) divided
- ¾ teaspoon baking powder
- Dash of bicarb
- ¼ cup coconut flour
- ¼ cup cocoa
- Dash of salt

## OPTIONAL:

- Chocolate ganache (see recipe below)
- Seeds, nuts or cocoa for sprinkles

## INSTRUCTIONS:

**ONE:** Preheat the oven to 210°C and spray a donut pan. If you don't have a donut pan, a cake pop pan, small bundt pan or little muffin tray may also work but cooking times may vary.

**TWO:** In the bowl of a kitchen stand mixer, beat the almond butter and maple syrup until combined. (Tip: all these steps can also be done by hand with a spoon and a mixing bowl). Add the eggs and beat on medium until combined. Stop and scrape down the sides of the bowl halfway through beating to ensure it all gets mixed in. Add the milk, sweet potato purée and vanilla extract and beat until combined.

**THREE:** In a separate bowl, sift the dry ingredients together, then add the dry ingredients to the mixing bowl and beat until the mixture is combined and fluffy (about 1 minute).

**FOUR:** Transfer the mixture to a piping bag/freezer bag and cut a medium-sized hole in the corner.

**RESPRAY** donut pan, as these donuts tend to stick to the pan so over-grease! Pipe the donut mixture into 8 donuts. Immediately place in the oven and bake for 10 minutes.

**FIVE:** Allow the donuts to cool in the tray for at least 10 minutes before removing. The donuts can be frosted with ganache (recipe below) once cooled and sprinkled with nuts, coconut etc.

# Chocolate Ganache

## INGREDIENTS:

### CHOCOLATE:

(100g chocolate can be substituted)

- 1/4 cup coconut oil
- 1/4 cup cocoa
- 1 tbsp maple syrup

### GANACHE:

- 1/3 cup coconut cream (can opened and in fridge overnight; spoon out thickened cream leaving behind watery contents)
- 1 tbsp coconut oil
- 1 tsp vanilla extract

## INSTRUCTIONS:

### CHOCOLATE:


Over a very low heat, melt the coconut oil. Add the maple syrup and whisk until combined. Add the cocoa and whisk until combined and slightly thickened. Pour into a dish lined with baking paper and freeze until set (minimum 30 minutes).

### GANACHE:

Break the chocolate into small pieces and place in a heatproof bowl. Add coconut oil and vanilla extract.

In a saucepan over medium heat, bring the coconut cream to the boil. Pour the boiling cream into the chocolate bowl and allow to sit for 5 minutes before whisking to combine. Allow to cool before using.

**TIP:** If the ganache cools and hardens, place the heatproof bowl over a saucepan of simmering water.

**WHISK** gently until the lumps have broken and the ganache is smooth. 





**budget recipes**

10-Ingredient, 3-Step

# Budget-Friendly Meals!

**Crispy  
Cornmeal  
Chicken  
Tenders**  
(see recipe, p. 79)

**Think you don't have time to cook every night? Think again!  
Our tasty weeknight meals are designed to get dinner on the  
table in just three easy steps and in 30 minutes or less.**

BY DINA CHENEY, FOOD PHOTOGRAPHY BY GIBSON & SMITH



**TUESDAY**

## Teriyaki Salmon Cakes

WITH SWEET & SOUR PICKLED CUCUMBERS

**SERVES 4. HANDS-ON TIME:** 30 MINUTES.  
**TOTAL TIME:** 30 MINUTES.

Maple syrup, soy sauce and heart-healthy salmon combine for a delicious twist on fish cakes. Try adding chopped fresh dill to the cucumbers if you have some on hand.

### INGREDIENTS:

- ¼ cup unseasoned rice vinegar
- 2 tbsp plus 2 tsp pure maple syrup, divided
- 1 tbsp reduced-salt soy sauce, divided
- ½ small English cucumber, thinly sliced
- 370g BPA-free canned or packet wild salmon, drained and any bones removed
- 1 large egg, whisked
- ½ cup whole-wheat bread crumbs
- 2½ tsp safflower oil, divided
- 2 tsp peeled and minced fresh ginger
- 2 tbsp white whole-wheat flour

### INSTRUCTIONS:

**ONE:** Prepare cucumbers: in a small pot, combine ¼ cup water, vinegar, 2 tbsp maple syrup and ⅛ tsp soy sauce. Heat on medium-high and bring to a simmer. Turn off heat, add cucumber, then cover and let sit for at least 20 minutes; drain.

**TWO:** Meanwhile, in a medium bowl, mix salmon, egg, crumbs, remaining 2 tsp maple syrup, remaining scant 1 tbsp soy sauce, 1 tsp oil and ginger until well combined. With your hands, shape mixture into 4 1cm-thick patties and use your thumb to make a slight indent in centre of each. Add flour to a shallow bowl, then lightly dredge both sides of patties in flour, shaking off excess.

**THREE:** In a medium non-stick pan, heat remaining 1½ tsp oil on medium. Add patties and cook until golden brown, turning once and using a spatula to flatten slightly, about 4 minutes per side. Serve with cucumbers.

### NUTRIENTS PER SERVING

(1 SALMON CAKE AND ¼ OF PICKLES):

**CALORIES:** 276, **TOTAL FAT:** 13 g, **SAT. FAT:** 3 g, **MONO-UNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 5 g, **CARBS:** 14 g, **FIBRE:** 2 g, **SUGARS:** 4 g, **PROTEIN:** 26 g, **SALT:** 520 mg, **CHOLESTEROL:** 79 mg

**MONDAY**

## Black Bean & Cheddar Taco Salad

WITH PICO DE GALLO

**SERVES 4. HANDS-ON TIME:** 25 MINUTES.  
**TOTAL TIME:** 25 MINUTES.

Vibrant summer tomatoes, crisp lettuce, creamy black beans and a light lime dressing provide layers of flavour without the overload of calories and fat that comes with your average taco salad.

### INGREDIENTS:

- ½ small red onion, minced, divided
- 3 tbsp fresh lime juice
- 1 tbsp extra-virgin olive oil
- 1 tbsp raw honey
- ¼ tsp plus ⅛ tsp sea salt, divided
- 2 large Roma tomatoes, seeded and finely chopped
- ½ head romaine lettuce, chopped
- 2 cups (about 560g) BPA-free canned unsalted black beans, drained and rinsed
- 55g cheddar cheese, shredded or cubed
- 85g corn tortilla chips (**NOTE:** Opt for a brand without additives or preservatives.)

### INSTRUCTIONS:

**ONE:** Prepare dressing: in a jar with a tight-fitting lid, add 2 tbsp onion, lime juice, oil, honey, ¼ tsp salt and 1 tbsp water. Seal jar and shake until well combined.

**TWO:** Prepare pico de gallo: in a small bowl, combine tomatoes, remaining onion and ⅛ tsp salt.

**THREE:** in a large bowl, combine lettuce, beans, cheese and ¼ cup dressing. Toss gently to coat. To serve, top lettuce mixture with pico de gallo. Crumble chips over top or serve alongside.

**TIP:** Use leftover dressing as a seasoning on fish or chicken!

### NUTRIENTS PER SERVING (¼ OF RECIPE):

**CALORIES:** 330, **TOTAL FAT:** 13 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 7 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 42.5 g, **FIBRE:** 11 g, **SUGARS:** 5 g, **PROTEIN:** 15 g, **SALT:** 303 mg, **CHOLESTEROL:** 15 mg

*Cover Recipe*



## budget recipes

WEDNESDAY

### Buttermilk Pork Chops

WITH SAUTÉED PLUMS

**SERVES 4. HANDS-ON TIME:** 20 MINUTES.  
**TOTAL TIME:** 30 MINUTES.

You'll never go back to plain pork chops again once you've tried our buttermilk-marinated version! Juicy plums lend a burst of seasonal flavour.

#### INGREDIENTS:

- ½ cup buttermilk
- 4 110g boneless pork loin chops, 1cm-thick (TIP: You can also purchase thicker chops and pound to 1cm thickness.)
- ½ tsp chipotle chilli powder
- ¼ tsp plus ⅛ tsp sea salt, divided
- 3 tbsp white whole-wheat flour
- 1 tsp safflower oil
- 3 black plums, pitted and thinly sliced

- 1 tbsp plus 1 tsp finely chopped fresh chives, divided
- 1 tbsp fresh lime juice
- 1 tbsp raw honey

#### INSTRUCTIONS:

**ONE:** In a large zip-top bag, add buttermilk and pork. Seal and massage bag to coat. Let marinate at room temperature for 15 minutes. Remove pork from bag and pat dry completely with paper towels, then season with chilli powder and ¼ tsp salt. Add flour to a shallow bowl and lightly dredge both sides of pork in flour, shaking off excess.

**TWO:** In a medium non-stick pan, heat oil on medium. Add pork and cook, turning once, until

golden brown and opaque throughout, about 4 minutes per side. Remove from pan and cover to keep warm; keep pan on medium heat.

**THREE:** To pan, add plums, 1 tbsp chives, lime juice, honey and remaining ⅛ tsp salt. Sauté, stirring often, until plums soften, about 3 minutes. To serve, top pork with plums and remaining 1 tsp chives.

#### NUTRIENTS PER SERVING

(1 PORK CHOP AND ¼ OF PLUMS):

**CALORIES:** 311, **TOTAL FAT:** 17 g, **SAT. FAT:** 6 g, **MONOUNSATURATED FAT:** 7 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 14 g, **FIBRE:** 1 g, **SUGARS:** 10 g, **PROTEIN:** 24 g, **SALT:** 238 mg, **CHOLESTEROL:** 68 mg



**THURSDAY**

## Crispy Cornmeal Chicken Tenders

WITH CHIPOTLE YOGHURT DIP

**SERVES 4. HANDS-ON TIME:** 30 MINUTES.  
**TOTAL TIME:** 30 MINUTES.

Sweet, nutty cornmeal lends these baked chicken tenders a perfectly crisp coating. For more crunch, opt for medium-grind cornmeal, but if you like a smooth texture, choose fine ground.

### INGREDIENTS:

- $\frac{3}{4}$  cup fine- or medium-grind whole-grain yellow cornmeal
- $\frac{1}{2}$  tsp chipotle chilli powder, divided
- $\frac{1}{4}$  tsp plus  $\frac{1}{8}$  tsp sea salt, divided
- 1 large egg
- 560g boneless, skinless chicken tenders
- 1 tbsp safflower oil, divided
- $\frac{1}{2}$  cup plain Greek yoghurt
- $1\frac{1}{2}$  tsp raw honey
- 2 beefsteak tomatoes, sliced into wedges
- 1 avocado, peeled, pitted and sliced into wedges

### INSTRUCTIONS:

**ONE:** Preheat oven to 200°C. In a medium bowl, mix cornmeal and  $\frac{1}{4}$  tsp each chilli powder and salt. In a separate medium bowl, whisk egg and 1 tbsp water. Working in batches, dredge chicken in cornmeal mixture, shaking off excess. Transfer chicken to egg mixture, turning to coat; shake off excess. Dredge in cornmeal mixture again, shaking off excess, then transfer to a plate.

**TWO:** In a medium non-stick pan, heat  $1\frac{1}{2}$  tsp oil on medium. Add half of chicken and cook undisturbed until golden brown, about 3 minutes. Flip and cook undisturbed, until golden brown on other side, about 2 more minutes. Transfer to

a foil-lined baking sheet; repeat with remaining  $1\frac{1}{2}$  tsp oil and chicken. Transfer to oven and bake until opaque throughout, about 8 minutes.

**THREE:** Meanwhile, in a small bowl, mix yoghurt, honey and remaining  $\frac{1}{4}$  tsp chilli powder and  $\frac{1}{8}$  tsp salt. Serve chicken with yoghurt mixture and tomato and avocado wedges on the side.

### NUTRIENTS PER SERVING (¼ OF RECIPE):

**CALORIES:** 400, **TOTAL FAT:** 16 g, **SAT. FAT:** 5 g,  
**MONOUNSATURATED FAT:** 6 g, **POLYUNSATURATED FAT:** 4 g,  
**CARBS:** 28.5 g, **FIBRE:** 6 g, **SUGARS:** 6.5 g, **PROTEIN:** 36 g, **SALT:**  
296 mg, **CHOLESTEROL:** 130 mg

**FRIDAY**

## Creamy Corn Fettuccine

WITH TURKEY BACON

**SERVES 4. HANDS-ON TIME:** 30 MINUTES.  
**TOTAL TIME:** 30 MINUTES.

We've taken the comforting flavour of your favourite corn chowder and packed it into a quick and easy summery pasta.

### INGREDIENTS:

- 225g whole-grain fettuccine
- $2\frac{1}{2}$  tsp organic unsalted butter, divided
- 70g all-natural turkey bacon, no added nitrates or nitrites, finely chopped

- 1 small red onion, finely chopped
- 3 ears corn, shucked and kernels removed
- 2 tbsp minced fresh chives, plus additional for garnish
- 1 tbsp white whole-wheat flour
- 1 cup whole milk (**NOTE:** Non-fat milk will not work for this recipe.)
- $\frac{1}{4}$  cup grated Parmesan cheese
- $\frac{1}{8}$  tsp fresh ground black pepper

### INSTRUCTIONS:

**ONE:** Cook pasta according to package directions; reserve 2 tbsp cooking water.

**TWO:** In a deep medium pan, melt 1 tsp butter on medium. Add bacon and onion and sauté, stirring occasionally, until onion softens and bacon is crisp, about 6 minutes.

**THREE:** To pan, add corn, 2 tbsp chives and flour and sauté, stirring constantly, until flour dissolves, 1 to 2 minutes. Stir in milk and bring to a gentle simmer. Turn off heat; stir in cheese, pasta, remaining  $1\frac{1}{2}$  tsp butter and pepper. If needed, gradually stir in reserved cooking water to reach desired consistency. Garnish with additional chives.

### NUTRIENTS PER SERVING (¼ OF RECIPE):

**CALORIES:** 376, **TOTAL FAT:** 9 g, **SAT. FAT:** 4 g,  
**MONOUNSATURATED FAT:** 2 g, **POLYUNSATURATED FAT:** 1 g,  
**CARBS:** 62 g, **FIBRE:** 9 g, **SUGARS:** 8 g, **PROTEIN:** 19 g, **SALT:** 246 mg,  
**CHOLESTEROL:** 33 mg



## budget recipes



No time to make a grocery list? We've made one for you – simply tear it out and bring to the store!

### MONDAY

#### Black Bean & Cheddar Taco Salad

- ½ small red onion
- 1½ limes
- 2 large Roma tomatoes
- ½ head romaine lettuce
- 560g BPA-free canned unsalted black beans
- 55g cheddar cheese
- 85g whole-grain tortilla chips

#### PANTRY STAPLES

- Extra-virgin olive oil
- Raw honey
- Sea salt



### TUESDAY

#### Teriyaki Salmon Cakes

- 55g unseasoned rice vinegar
- ½ small English cucumber
- 369g BPA-free canned or packet wild salmon
- 1 large egg
- 3mm piece fresh ginger

#### PANTRY STAPLES

- Pure maple syrup
- Reduced-salt soy sauce
- Whole-wheat bread crumbs
- Safflower oil
- White whole-wheat flour



### WEDNESDAY

#### Buttermilk Pork Chops

- 110g buttermilk
- 4 110g boneless 1cm-thick pork loin chops
- 3 black plums
- ¼ bunch fresh chives
- ½ lime

#### PANTRY STAPLES

- Chipotle chilli powder
- Sea salt
- White whole-wheat flour
- Safflower oil
- Raw honey



### THURSDAY

#### Crispy Cornmeal Chicken Tenders

- ¾ cup fine- or medium-grind whole-grain yellow cornmeal
- 1 large egg
- 560g boneless, skinless chicken tenders
- 110g plain Greek yoghurt
- 2 beefsteak tomatoes
- 1 avocado

#### PANTRY STAPLES

- Chipotle chilli powder
- Sea salt
- Safflower oil
- Raw honey



### FRIDAY

#### Creamy Corn Fettuccine

- 225g whole-grain fettuccine
- 70g all-natural turkey bacon, no added nitrates or nitrites
- 1 small red onion
- 3 ears corn
- ¼ bunch fresh chives
- 225g whole milk
- 22g Parmesan cheese

#### PANTRY STAPLES

- Organic unsalted butter
- White whole-wheat flour
- Fresh ground black pepper





Knock out your biscuit craving  
and feed your muscles in one shot.

# Tasty Reward

Nutritional  
Breakdown  
42% CARBS  
49% PROTEIN  
9% FAT

RECIPE BY KIRSTYN BROWN  
PHOTOGRAPHY MAYA VISNYEI

CONSUMING A  
COMBO OF **PROTEIN**  
**AND CARBS** AFTER  
YOUR WORKOUT IS  
VITAL TO REAPING  
ITS BENEFITS.

**CLOVES AND CINNAMON** ARE BOTH HIGH  
IN MANGANESE, A MINERAL THAT HELPS  
THE BODY REGULATE BLOOD SUGAR AND  
METABOLISE FATS AND CARBS.

## Gingerbread Biscuit Shake

Makes 1 serving • Ready in 5 minutes

½ scoop INTERNATIONAL PROTEIN NATURALS WPI 100% Whey Protein Isolate Vanilla whey protein powder	½ cup non-fat vanilla Greek yoghurt
½ scoop INTERNATIONAL PROTEIN NATURALS WPI 100% Whey Protein Isolate Chocolate whey protein powder	½ tsp ground cinnamon
½ cup unsweetened vanilla almond milk	½ tsp ground ginger
	¼ tsp ground cloves
	1 tbsp blackstrap molasses
	4–6 ice cubes

Place all ingredients  
in a blender and  
process thoroughly.

**Nutrients per serving:** Calories: 250, Total Fats: 2.5g,  
Saturated Fat: 0.5g, Trans Fat: 0g, Cholesterol: 25mg,  
Salt: 190mg, Total Carbohydrates: 26g, Dietary Fibre: 1g,  
Sugars: 18g, Protein: 31g, Iron: 3.5mg

**MOLASSES** HELPS  
REPLACE MUSCLE  
GLYCOGEN AND  
POTASSIUM LOST  
DURING EXERCISE.

**Whey protein**  
**has been shown**  
**to help** speed muscle  
recovery when consumed  
post-workout.





YOUR RESIDENT  
**FOODIE**  
JULIE O'HARA

# The Ultimate Juicy Burger

**Two Australian classics – juicy burgers and Thousand Island dressing – unite for an unparalleled summer entrée.**

BY JULIE O'HARA, PHOTOGRAPHY BY GIBSON & SMITH

As a seasoned writer and recipe developer, CE's Resident Foodie **Julie O'Hara** has delved into everything from restaurant reviews of tasty travel hot spots to offering up her insider tips for preparing a deliciously clean turkey dinner. Her work has also graced the pages of *Shape*, *National Geographic Traveler*, *SELF* and *Vegetarian Times*. Plus, she blogs about cooking!

[aminglingoftastes.com](http://aminglingoftastes.com)

**H**amburgers are one of the most quintessentially Australian foods I can think of. But a classic burger, no matter how delicious, is something you've seen before. In fact, we've featured a variety of different burger recipes in *Clean Eating* over the years. So, to make it a worthwhile addition to this column, I wanted to add a twist you may not have tried without straying from the theme of family favourites. The answer turned out to be another classic that complements a juicy burger like nothing else: Thousand Island dressing.

Before I begin the process of making over a recipe, I like to look at a textbook version. To my surprise, it was difficult to find a true "from-scratch" rendering of Thousand Island dressing. Most versions relied on store-bought ketchup, which is great for a quick recipe, but not technically made "from scratch." I already knew that the basic concept behind this dressing is combining a rich, creamy base with the vinegary tang of ketchup. With that as my starting point, I went to work.

## A thousand problems

Of the all the condiments that health-conscious clean eaters want to avoid, Thousand Island dressing just might top the list. It contains generous amounts of salt and sugar, not to mention that another popular ingredient, sweet pickle

relish, is generally soaked in high-fructose corn syrup.

That's the bad news. The good news is that you probably already have most of the ingredients for my updated version in your kitchen right now. My all-time favourite ingredient for sauces and dressings is plain yoghurt. It never fails to add the richness and mouth feel that our palates anticipate when we're about to experience creamy foods. Since commercial ketchup isn't exactly a health hero, I used tomato paste, vinegar and a bit of raw honey to stand in for the red stuff.

Since I feel that a proper Thousand Island dressing is incomplete without pickles, I opted for gherkins, which contain no added sugar. You'll have to chop them yourself, but it's well worth the minute of effort.

## It's not ALL about the dressing

A juicy, satisfying burger that could stand up to the creamy dressing was a must. I chose lean ground turkey for its mild flavour that wouldn't overwhelm the toppers. I opted for Provolone cheese (no way was I going to skip the cheese!) for its full flavour. As the final crowning glory, I added one of the best flavour-enhancers I know of: sweet, sticky caramelised onions. When all these components come together, you have a positively mouthwatering waist-friendly burger.



# Thousand Island Burgers

WITH CARAMELISED ONIONS & PROVOLONE CHEESE

**YOU SAVE: 476 CALORIES, 42 g TOTAL FAT, 8 g SUGARS, 808 mg SODIUM**

**SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 30 MINUTES.**

## INGREDIENTS:

- 1 tbsp olive oil
- ½ large red onion, sliced
- ¼ cup plus ⅛ tsp sea salt, divided
- ¾ tsp fresh ground black pepper, divided
- High-heat cooking oil (such as grape seed or safflower), as needed
- 500g extra-lean ground turkey breast
- ½ tsp mild chilli powder (such as ancho chilli powder)
- ½ tsp unsalted garlic and herb seasoning
- 130g slices low-salt Provolone cheese
- 1 cup loosely packed baby spinach leaves
- 4 whole-wheat hamburger buns

## THOUSAND ISLAND DRESSING

- ¼ cup plain yoghurt
- 3 tbsp finely diced low-salt gherkins
- 1 tbsp unsalted tomato paste
- 1 tbsp minced white onion
- 1½ tsp olive oil mayonnaise


- 1½ tsp apple cider vinegar
- 1 tsp raw honey
- ½ tsp Sucanat
- ½ tsp garlic powder
- ¼ tsp Worcestershire sauce
- ¼ tsp smoked paprika
- ¼ tsp mustard powder

## INSTRUCTIONS:

**ONE:** In a medium, heavy pan on medium, heat olive oil. (**TIP:** A cast iron pan works well for this use; avoid using non-stick if possible.) Add onion and stir to coat. Season with ⅛ tsp salt and ¼ tsp pepper and cook, stirring occasionally, until very tender and lightly browned, about 20 minutes. Reduce heat if onion starts to brown too quickly or sticks to the pan. Transfer to a bowl and set aside.

**TWO:** Heat an outdoor grill to medium-high and lightly brush grate with cooking oil. In a large bowl, combine turkey, remaining ¼ tsp salt, remaining ½ tsp pepper, chilli powder and garlic-herb seasoning. Form into generous patties; indent each patty in centre with your fingers. Grill, flipping patties halfway through,

until no longer pink in centre and internal temperature reaches 74°C on an instant-read thermometer, about 10 to 12 minutes. Just before patties are done, top each patty with 1 cheese slice and allow to just melt. (**NOTE:** Burgers can also be prepared in the oven under the grill on a greased, foil-lined baking tray. Grill on high for about 10 minutes, flipping halfway, until cooked through. Remove from oven, top with cheese slices and let rest for 3 to 5 minutes.)


**THREE:** Meanwhile, prepare Thousand Island dressing: in a medium bowl, combine all dressing ingredients and stir until Sucanat has dissolved, about 1 minute. Divide spinach, caramelised onions, patties and dressing among buns. 

## Nutrients\*: THEN AND NOW

*Compared with a traditional burger with Thousand Island dressing\*\*:*

Nutritional Facts	THEN	NOW
Calories	940	464
Total Fat (g)	57	15
Sat. Fat (g)	20	6
Carbs (g)	47	42
Fibre (g)	3	7
Sugars (g)	12	4
Protein (g)	55	43
Sodium (mg)	1,361	553
Cholesterol (mg)	186	81

\*Serving size is 1 burger

\*\* The burger used for comparison is the Griddle Burger with 18,000 Island Dressing and Quick Pickles from [foodnetwork.com](http://foodnetwork.com) 



# 5 Easy Ways to STRENGTHEN BONES

The top-studied foods, lifestyle changes and supplements to bolster bone health.

By Sarah Tuff

**L**ast year, I was on a trail run near my Vermont home when I slipped on black ice and landed the wrong way, which resulted in some serious damage to my leg. What at first appeared to be a dislocation turned out to be a brutal break that snapped my tibia in half and shattered my fibula. My injury required multiple surgeries, rods, pins, plates, screws and casts. It was months before I could walk or drive again, and running was on the back burner for the foreseeable future.

What started out as an “easy run” abruptly turned into one of the hardest experiences of my life. Once I healed, however, I was happy to learn that a diet high in calcium, vitamin D and protein (and a diet low in salt and alcohol), along with regular strength training, had contributed to my strong and healthy bones. The results of my bone density test, which revealed my near-perfect bone health, inspired me to dig further, and I uncovered the five easiest ways to keep your own bones strong.

## 1 BALANCE CALCIUM AND VITAMIN D

It's no secret that calcium is essential to bone health. But increasingly, researchers are discovering that the mineral can't act alone. Vitamin D, which helps the body absorb calcium, is key. The National Institutes of Health sets recommended daily amounts at 1,000 milligrams (mg) of calcium and 600 international units (IU) of vitamin D for adults aged 31 to 50; and 1,200 mg of calcium and 600 IU of vitamin D for women aged 51 to 70. That's more than three cups of milk, or 10-plus cups of kale, and about two large eggs and 115g of salmon per day, a challenge that helps explain why a recent analysis from the Women's Health Initiative (WHI) trial published in the journal *Menopause* found that calcium and vitamin D supplementation helps lower bone fracture risk in postmenopausal women on hormones.





## 2 Gain Muscle

The bone-health benefits of weight-bearing exercise have been repeatedly proven and shared with the general public. Strength training not only helps prevent bone loss but it also improves your muscles' ability to prevent potential bone-breaking falls. A recent study in *Osteoporosis International* found that low-intensity resistance training (performed at 40% of your one-rep maximum) can be just as beneficial as high-intensity resistance training for hip and back-bone density.




## 3 GET A BONE DENSITY TEST

A recent study published in the *Journal of Bone and Mineral Research* found that children aged eight to 15 who had suffered fractured forearms after a mild fall had lower bone strength than other kids. But as an adult, it's often even easier to get a bone mineral density test (BMD) than it is to recall childhood breaks. Typically, a dual-energy x-ray absorptiometry (DEXA) scan uses low-dose x-rays to detect possible osteoporosis and predict your risk of bone fractures while you lie face-up on a soft table, fully dressed. The test takes about 15 minutes, and the results are shared with you and your health-care provider within days. If you can't get a scan done, take the 1-minute online osteoporosis risk test from the International Osteoporosis Foundation at [iofbonehealth.org/iof-one-minute-osteoporosis-risk-test](http://iofbonehealth.org/iof-one-minute-osteoporosis-risk-test).

## 4 AND ADD PROTEIN, TOO

Maybe you've heard that high-protein diets can leach calcium from bones. But in 2012, a study in the *European Journal of Clinical Nutrition* showed that a high-protein diet "does not seem to be linked to impaired calcium balance." In fact, wrote the study's authors, "high-protein intake promotes bone growth and retards bone loss" while a "low-protein diet is associated with higher risk of hip fractures."

## 5 Skip the Margarita

The salt and alcohol combination is a double whammy when it comes to weakening your bones. As scientists from the University of Alberta explain, the same molecule in the body appears to regulate both salt and calcium, so when our body rids itself of excess salt, it takes calcium with it, too. Chronic alcohol consumption, meanwhile, disturbs bone quality in adolescence and increases the risk of osteoporosis as you age. The National Institute on Alcohol Abuse and Alcoholism reveals that women between the ages of 67 and 90 who consume more than 90ml of alcohol per day experience greater bone loss than women who drink a minimal amount of alcohol. 





# Magnificent Ghee

**An age-old Indian tradition is slowly finding its way into the modern Australian kitchen.**

BY ANDREA GOURGY, PHOTOGRAPHY BY GIBSON & SMITH

**H**ave you ever wondered why your favourite saag paneer or that crave-worthy aloo gobi at your local Indian restaurant always tastes more decadent than the one that you whip up at home?

The answer is likely ghee – the distinctive, aromatic cooking oil used in South Asian cuisine that helps give curries their zing. Ghee is butter that has been simmered on low heat to separate and remove the milk solids. It's similar to the process of making clarified butter, however ghee is cooked for longer until the milk solids just start to caramelise, which help to give ghee its luscious aroma.

Cooking with ghee has several advantages such as a higher smoke point than butter, which makes it a great option for high-heat cooking. Ghee also contains little or no lactose since the milk solids have been removed, so some people who are sensitive to lactose can tolerate it. It also preserves longer than butter, and if made correctly, doesn't even need refrigeration.

From a nutritional standpoint, ghee is abundant in medium- and short-chain fatty acids, which are both associated with a lower risk of cardiovascular disease, while ghee made from grass-fed butter is a rich natural source

of conjugated linoleic acid (CLA), a fatty acid that has been shown to have anti-inflammatory effects.

Ghee is more than just a cooking oil, though. In fact, it's actually considered a healing food in India. According to Ayurveda, India's traditional system of medicine, ghee enhances digestion (or "digestive fire" as they call it, known as *agni*). It is also said to promote *ojas*, which is thought to be the essence or energy of life. In Ayurvedic medicine, ghee is not only used for cooking but also as a vehicle for medicinal herbs, as a massage oil and even for wound healing.

But you don't need to subscribe to its medicinal properties to enjoy ghee in your cooking. Ghee has a deep, rich flavour, making it a delicious addition to stir-frys, seared meats and sautéed vegetables. There are some good brands of pre-made ghee out there, but some can contain additives and preservatives that are better avoided. Making your own ghee is actually surprisingly simple with our step-by-step instructions. It might take a couple of tries to master simmering your own ghee to golden perfection – but the reward will be well worth it.



## Ghee

**MAKES** 1½ CUPS. **HANDS-ON TIME:** 10 MINUTES.  
**TOTAL TIME:** 30 TO 45 MINUTES.

Making ghee requires a steady low heat and a bit of patience. Keep in mind that every stove will differ slightly in temperature, so pay more attention to the visual cues rather than focusing strictly on timing. For safety reasons, never leave it unattended on the stove.

### INGREDIENTS:

- 450g organic unsalted butter, room temperature and cut into 25mm chunks (**TIP:** Opt for high-quality butter. We prefer organic or a grass-fed, hormone-free butter.

### INSTRUCTIONS:

**ONE:** Set up 4 to 5 layers of cheesecloth over a fine sieve. Prepare a heat-proof glass jar with lid alongside.

**TWO:** In a small, heavy-bottomed saucepan, add butter. Heat on medium-low, stirring occasionally, until butter is melted and begins to simmer, about 7 to 8 minutes.

**THREE:** Reduce heat to low; mixture should be simmering very gently. Foam will form on surface and butter will start making a sputtering noise, about 10 minutes from start time. Stir occasionally, running spoon along sides and bottom of pan to prevent burning.

**FOUR:** Foam will become a deeper yellow. As it simmers, spaces will start to appear between bubbles, and milk solids will mostly settle on bottom of pan, about 20 to 25 minutes from start

time; stir occasionally. As it continues simmering, foam will break up further and mostly disappear. Just before ghee is done, small bubbles may appear on surface, about 30 to 35 minutes from start time. Look closely at mixture continuously, using a clean, dry spoon, to move any remaining foam to the side. Mixture should be transparent, golden yellow and milk solids on bottom of pan will be just lightly caramelised. The sputtering noise will have mostly subsided.

**FIVE:** Remove from heat and carefully strain into jar. (**TIP:** Make sure jar and strainer are clean and dry as moisture can contaminate ghee.) Set aside to cool to room temperature before covering with lid. If prepared correctly, ghee can last on your countertop for up to 4 months. However, we suggest keeping it in the fridge and taking out about a week's worth of ghee at a time.

**NOTE:** Different types of butters may foam up slightly differently, so keep a close eye on it, especially the first time you are making it. Butter made from grass-fed cows can create a lot of foam, which makes it difficult to see what's going on underneath. Keep a clean, dry spoon on hand and continuously check mixture underneath. When mixture is transparent, golden yellow and the milk solids on the bottom of pan are very lightly caramelised, then you know it's done. If mixture is a dark amber or orange colour, then you've gone a little too far. ☹️







**TOSCA DARES YOU** TO CREATE YOUR OWN RECIPE USING WHAT'S FRESH, SEASONAL AND ON HAND. DON'T WORRY TOO MUCH ABOUT THE OUTCOME; IT'S ALL PART OF THE ADVENTURE.

# GO BEYOND THE RECIPE

*The best recipes, in my experience, are not recipes at all but a magical coming together of at-their-peak ingredients, resulting in a memorable meal so delightful it's hard to duplicate. Late summer and into autumn might just be the perfect time to enjoy "no-recipe" cooking.*

I remember reading a wonderful article by Canadian media personality Peter Gzowski about how he cobbled together meals with a bottle of sherry in one hand and an assortment of ingredients in the other. He didn't always know how the meal was going to turn out, but the adventure of creating an entirely new dish was the point for him. As I read on, a surprise lay among his words – a recipe for a hearty stew – embedded in his story. The stew had been assembled from peak-season ingredients he had on hand, spices from his pantry, lean stewing beef from the butcher's and

not much else. Not a word was written in recipe format. I felt I had stumbled onto something, a treasure, which didn't read like the usual recipe with a long list of intimidating, hard-to-find ingredients, but a story being told of how to create food that fed both the body and soul.

I immediately cobbled together my own ingredients with wine in hand (this was an occasion after all) and I began to repeat Gzowski's food story. In the process, I realised that what I appreciated about this way of cooking was

the non-intimidation factor. It was as if the author were telling me a bedtime tale in a soothing, non-confrontational manner, about the creation of food. The tale was woven from ingredients and the happy ending was the meal. It made the entire process so much more enjoyable. And it inspired me to tell my own story using ingredients I had found, purchased or grown. I held firmly to my belief that what would result would indeed be palatable, a story of its own making.



Thus, I began a lifelong search for the simplest cooking stories possible. One popped up recently featuring but two ingredients – chocolate-covered strawberries. If your berries come from a farmers' market at the height of their season and you give each a light bath in melted, organic dark chocolate, you'll have a dessert so delicious and simple it can hardly be trumped. That dessert will soon be featured at my daughter's wedding shower along with a glass of prosecco.

If it is herbs you find overcrowding your vegetable patch and garden walkways, pluck them in the early morning and submerge them, after a vigorous rinse, in either white vinegar or a feisty olive oil. Set these in a warm kitchen window and let the warmth of the autumn sun work its magic as aromatic flavours are released into the liquid. Other dishes perfected by their lack of ingredients include lemon chicken, which benefits from fresh lemon slices and a dusting of salt and pepper before an ambrosial



either in my garden or at the farmers' market and get crazy with texture and colour creating a picturesque salad that includes ingredients as unique as edible flowers and pomegranate vinegar dressing. There is no right or wrong here. There is only a welcome bowl, your clever hands and the bounty of your pantry and refrigerator – no recipe required.

Perhaps it is laziness on my part that has led me to this simple way of cooking, but I remind myself that such

find mushrooms, wild leeks, garlic and edible greens in enough quantities to make a meal.

I revel in "cooking" free from a recipe and making it up as I go. It's like that when I head to my garden or even my favourite local farm, which is still possible in the glorious autumn sunshine. I never know what will be available, and having no control over that, I let Mother Nature decide what will end up on my dinner table. It takes the guesswork out of meal prep and it also helps to keep costs down while showcasing readily available foods at their peak.

As summer fades into autumn, why not write your own food story? Let your creative kitchen flair loose in the language of ingredients both familiar and unfamiliar and whip up something totally new and totally you.

"IF IT IS HERBS YOU FIND OVERCROWDING YOUR VEGETABLE PATCH AND GARDEN WALKWAYS, PLUCK THEM IN THE EARLY MORNING AND SUBMERGE THEM, AFTER A VIGOROUS RINSE, IN EITHER WHITE VINEGAR OR A FEISTY OLIVE OIL."

baking in the oven, or fillets of local, wild whitefish plucked from a local pond, dressed in generous lashings of late harvest herbs, including rosemary, thyme, sage, tarragon and dill, and cooked quickly in a hot oven or pan. Overdoing these foods never makes them better.

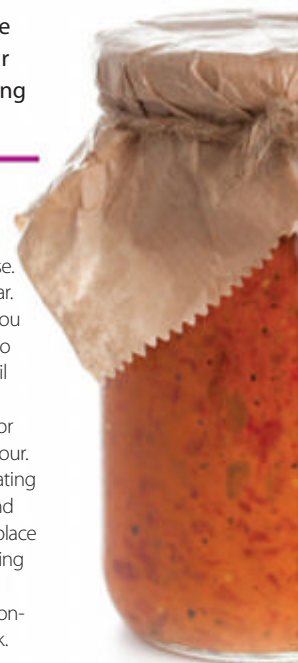
I never make a salad the same way from one day to the next, no matter what the season. I take what is available

effortless food preparation was at play long before the existence of the Food Network or celebrity chef kitchens kitted out with everything shiny and fancy. Rummaging about in forest and field brought together what was at hand and yielded a meal without the benefit of Google or Bobby Flay. It was still a meal, offering nutrients, sustenance and another day of survival. Even today, I can go out on my property and

### NO-COOK SUNSHINE TOMATO SAUCE

Give several summer ripe tomatoes a light rinse. Chop coarsely and dump into a large Mason jar. Mash a few garlic cloves and add to the jar. If you have shallots, give them a fine chop and add to the jar. Douse everything with a cup of olive oil and a shot of vinegar, or whatever you've got handy. If you don't have vinegar, use a lemon or lime. The better the quality, the better the flavour. Add a teaspoon of unrefined sea salt and a grating of fresh black pepper. If you have fresh basil and oregano, toss those in too. Put the lid on and place the jar in a hot, sunny window. Let stand, soaking up the heat of the sun for 4 hours. Serve with bread or as a light, raw sauce for pasta. If not consuming right away, refrigerate for up to 1 week.

Find more recipes at [toscareno.com](http://toscareno.com)



When **nutritional therapy practitioner Tosca Reno** was raising five children under one roof she still managed to write numerous books. Her *New York Times* best seller is *Your Best Body Now* (Harlequin, 2010), and *Tosca Reno's Eat Clean Cookbook* (Robert Kennedy Publishing, 2009) was nominated for the prestigious Gourmand World Cookbook Award. Order copies of her books at [toscareno.com](http://toscareno.com).



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HURRY, OFFER ENDS APRIL 30<sup>TH</sup> 2015!

MARCH/APRIL 2015 **Clean Eating** **91**





## FIT FOR BIRTH AND BEYOND

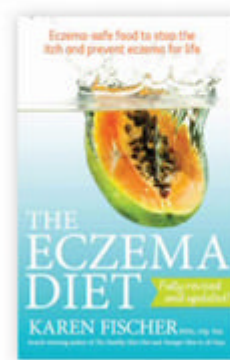
Fitness expert Suzy Clarkson uses her own experiences of childbirth at 38 and 45 to present a comprehensive and easy-to-follow fitness guide for pregnant women through each trimester and after birth in *Fit For Birth And Beyond*; a guide for women over 35. Illustrated in colour with step-by-step photographs and diagrams, it is practical and full of helpful advice on how to develop healthy habits to achieve a safe outcome. The endorsements by leading experts in obstetrics and fertility ensure that this is a guide you can use with absolute confidence. **RRP: \$29.99**



## I QUIT SUGAR KIDS COOKBOOK

The *I Quit Sugar Kids Cookbook* was developed for health-conscious mums and dads. With more than 85 recipes (including 11 brand new recipes!) containing minimal fructose, you'll ensure your kids enjoy yummy, nutrient-dense food without the crazy sugar high!

This popular cookbook has an abundance of fun recipes with a focus on convenience and simplicity. You'll also find loads of clever ways to get the kids interested in cooking and growing their own food from scratch. **RRP: \$19.00**



## THE ECZEMA DIET 2<sup>ND</sup> EDITION

Eczema is a painful, itchy and incredibly uncomfortable condition for sufferers. The bad news is it's on the rise. Babies are developing skin inflammation soon after birth. Toddlers with severe itchy skin and uncontrollable scratching are drawing blood. And teenagers and adults ashamed of their skin are wearing long-sleeved shirts in summer. The *Eczema Diet* by Karen Fischer BHS, Dip. Nut, includes all the facts and latest scientific research, as well as itch-busting treatments that offer immediate relief combined with a tried-and-tested diet that really gets results. Also included are delicious recipes suitable for everyone in the family, an extensive meal plan and shopping lists that are clear and easy to follow. **RRP: \$29.99**



## THE UPSIDE OF DOWN

When Susan Biggar's first son arrived, he came with fierce blue eyes, a curly toe and cystic fibrosis. The doctors said he would be lucky to reach the age of 30. When her second baby was also born with cystic fibrosis, the insignificant worries of her old life slipped away, shifting her from 'normal mum' to 'gotta-figure-out-how-to-keep-the-kids-alive-mum'. Set across the globe - in California, New Zealand, France and Australia - *The Upside of Down* is a memoir about living with illness, the reward and frustration of parenting, the hard work of resurrecting a marriage and the upheaval of cross-cultural life. Ultimately though, it's a story of learning that sometimes joy is a decision. **RRP: \$29.95**



## SYLVIA

*Sylvia Snail* is in love with Simon Green and his luscious lettuce, choice cucumbers and buttery beans. But *Sylvia* is just a small snail in a gigantic garden, so how can she get him to notice her? As a passionate organic gardener and purchaser of locally grown produce, author Christine Sharp hopes her picture book will inspire children to take an interest in growing, harvesting and eating wholesome, seasonal food. Her inspiration for *Sylvia* came from her own love of gardens as a child. With its playful illustrations, *Sylvia* is a humorous romp in the garden that introduces young and old alike to the idea of fresh, clean produce and sustainable gardening. **RRP: \$24.95**



## MY KIDS EAT

*My Kids Eat* by Sophie Guidolin took over four years to develop, with every recipe being a family favourite with the Guidolin household. There are targeted recipes, for example Ryder has his own 'special eczema buster smoothie' which is medically recommended for children with eczema! Or perhaps you have a child like Kai who doesn't like to eat much in the morning? Never fear, together we have created a nutritious and delicious smoothie they can have instead! All recipes are free of sugar, preservatives, chemicals and additives. Even the fussiest eaters will find something they love with the bright, colour-filled pages being the exact excitement kids need to select their next healthy meal! **RRP: \$44.95**





## MUSASHI High Protein Vanilla & Strawberry Jelly

### INGREDIENTS (SERVES 3)

- 3 scoops of MUSASHI P30 High Protein (vanilla)
- 1 (9g) sachet of sugar free or low carb Jelly Crystals (strawberry)
- 250ml water

### METHOD:

**STEP 1.** Empty contents of sachet into a bowl.

**STEP 2.** Add 250ml of boiling water and stir until fully dissolved.

**STEP 3.** Allow contents to cool until lukewarm.

**STEP 4.** Make a MUSASHI protein shake in a shaker as directed on the tub.

**STEP 5.** Add the MUSASHI protein shake to the bowl of dissolved jelly and mix until combined.

**STEP 6.** Distribute mixture into 3 separate glasses and refrigerate until firm (approx. 4 hours).

**OPTIONAL:** Add sliced strawberries into the glass prior to refrigeration and once refrigerated add the remaining amount alongside mint on the top of the desert to decorate.

### MUSASHI High Protein Vanilla & Strawberry Jelly PER SERVE (1 GLASS)

ENERGY	240kJ / 57 Kcal
PROTEIN	10g
CARBOHYDRATES	3.1g
FAT	0.4g



For more information on MUSASHI please visit  
[www.musashi.com.au](http://www.musashi.com.au)



Clean eating loves

# clean eating loves



## SUPER DUPER DRINKING CACAO

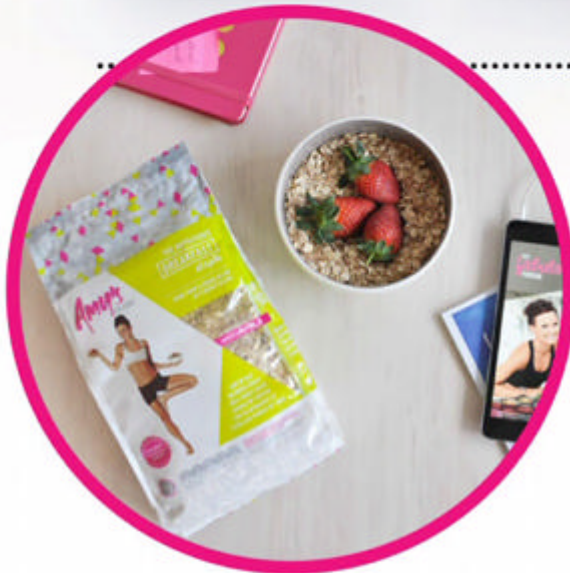
Want food to love that loves you back? Want more antioxidants in your day? Looking for a healthy afternoon pick-me-up? Ms Knickerbocker's Super Duper Drinking Cacao in Original and Chai will give you all of the above and more!

This drinking chocolate mix is made from organic and fairly traded ingredients raw cacao, and is produced and packaged sustainably. Raw cacao is the number one antioxidant food

in the world (four times higher than goji berries and seven times higher than roasted cocoa).

Not only is Ms Knickerbocker's Super Duper Drinking Cacao deliciously gluten-, dairy- and soy-free, it's also environmentally sound; being sold in packaging that could be thrown to the worms.

Visit [msknickerbocker.com.au](http://msknickerbocker.com.au) for more info.



## AMY'S GRAINS

As a passionate dietitian, personal trainer, author, athlete and foodie, Amy Giannotti recognises the importance of starting the day with a nutritious breakfast that offers superior nutrition to fuel the body. Her unique six-wholegrain blend of oats, barley, triticale, spelt, brown rice, and rye is designed to keep you satisfied and trick those appetite hormones, making weight loss more achievable.

Athletes and those involved in regular physical activity will also enjoy the benefits

of being fuelled with Amy's Grains, maximising their performance with longer-lasting energy and a speedy recovery!

Find Amy's Grains at [amysgrains.com.au](http://amysgrains.com.au) or selected speciality and health food stores listed on the website.

## SUNSCREEN MADE FUN

Cancer Council's Peppa Pig SPF50+ sunscreen makes wearing sunscreen fun and will encourage more children to adopt sound sun protection practices. Peppa fans will delight in seeing their favourite pink pig gracing the packages of Kids SPF 50+ 50ml Ezi Clip (RRP \$9.95), Kids SPF 50+ 75ml Roll On (RRP \$10.95), and Kids SPF 50+ 200ml Finger Spray (RRP \$14.95).

Parents will love that the new Peppa Pig

packs contain the same, high-protection SPF 50+ Kids formula – dermatologically tested and developed for delicate skin – that they have always used for their children.

Cancer Council Kids Peppa Pig SPF 50+ sunscreen is available from Coles supermarkets nationally.

For more information, please visit [skinhealth.com.au](http://skinhealth.com.au)





## ENVIROMENTALLY TRENDY

Brisbane-based EnviroTrend are excited to release their new Pack & Go Collection, a new range of lightweight compact bags for travel, picnics, camping, sport & shopping. Featuring five stylish, practical and lightweight bags in two unique prints, the Pack & Go Collection takes you from a family day out to a trip away.

Whether you're going on a family picnic, planning a camping trip with friends, travelling or just need space-saving bags, the Pack & Go Collection is a must-have! Now available in two eye-catching designs, Apple Blossom & Stripes.

Visit [envirotrend.com.au](http://envirotrend.com.au) for more information.



## DVD: FAT, SICK AND NEARLY DEAD

Returning four years after the smash hit film that depicted Joe Cross' own journey of personal transformation through juicing, Fat, Sick & Nearly Dead 2 is an exploration of how to achieve and maintain a healthy lifestyle, including and beyond critical dietary choices. Packed with interviews from experts who have identified the key components of wellbeing

and the tools for achieving it, the film also revisits the people Cross met along the way four years ago, with the entertaining blend of information, humour and compassion that is his signature style.

Fat, Sick & Nearly Dead 2 introduces audiences to some of those people in the US, UK, Australia, Kenya and beyond who were inspired to make changes,

looking at the relative impact juicing and plant-based eating has had on their lives. Most meaningfully, it also explores the crucial role that community support – whether from family, friends or even online – plays in maintaining a healthy life style.

**RRP: \$19.99**

**For more information check out [rebootwithjoe.com.au](http://rebootwithjoe.com.au)**

## SMART PASTA

The healthy pasta pioneers at Vetta Pasta have launched a new Smart Pasta range of healthier pasta alternatives; healthier for you with the same great taste as regular white pasta, Vetta's new products includes the High Protein Low Carb range and the Cholesterol Lowering range. Made using authentic Italian techniques

from the finest Australian durum wheat sourced in northern NSW, the Smart Pasta range is guaranteed to please all health-conscious pasta lovers, as well as those who might have been avoiding pasta for dietary reasons.

**Prices vary between products, visit [vettapasta.com.au](http://vettapasta.com.au)**





EASTERN  
EUROPE

# Beloved BLINTZES

An Eastern European treat just  
like Grandma used to make.

BY JILL SILVERMAN HOUGH, PHOTOGRAPHY BY LAURA WRIGHT

**I**n my 20s, I moved to New York to start my career. Of the many things I missed about California, one was my grandmother's cooking. Lucky for me, every few months she shipped me a care package that was filled with treats. My favourite items in those packages? Cheese blintzes.

## Easy to love

Certainly, I loved blintzes because they were a comfort food from my childhood. Grandma had them in her fridge or freezer at all times, ready to be crisped up in a pan and served for all manner of occasions – even if the occasion was simply the end of a long school day.

But there was, and is, plenty to love about blintzes. It's hard to resist their ricotta-like cheesy filling, flavoured with just a touch of sugar and cinnamon; their crepe-like wrapping, made more satisfyingly chewy than a standard crepe thanks to a higher proportion of eggs; and their warm, crisped outsides, from a final sauté in a pan (another deviation from a standard crepe).

Blintzes, long a staple in Eastern Europe, are related to Russia's *blinchiki* and Hungary's *palacsinta*. In addition to cheeses, they can be filled with fruit or meat mixtures. But a cheese

filling – usually a combination of cottage cheese, cream cheese, and/or farmer's cheese – is by far the most popular.

Even though they're slightly sweet, blintzes are typically eaten as a main course, for breakfast, brunch, lunch or even as a breakfast-for-dinner. Topped with applesauce or other fruits and sour cream, a couple of blintzes are more than enough for a meal.

## Easy to make

Turning blintzes into a *Clean Eating* recipe is easier than you might think. I simply use white whole-wheat flour instead of all-purpose, and I substitute Sucanat for white sugar.

For the cheese, I do exactly as my grandma did, using a combination of cottage cheese and farmer's cheese, which is a fresh cheese akin to ricotta or goat cheese that's naturally low in fat. Look for farmer's cheese at cheese shops, natural food stores and better supermarkets. The result is a pleasantly soft filling that's never runny.

Just like Grandma, I like to keep a few filled blintzes in the fridge or freezer, so that with just a simple pan sear, they're ready to serve.



## NEW TWISTS ON BLINTZES

To me, my grandma's simple blintzes are perfect the way they are. But some cooks include other goodies in their filling or use different toppings. Here are a few to try:

### FOR THE FILLING, ADD:

- A bit of vanilla
- Lemon or orange zest
- Allspice, nutmeg, cardamom or other baking spices
- Dried fruit
- Chopped toasted nuts

### FOR THE TOPPING, TRY:

- Jam, jelly or marmalade
- Fruit compote
- Berries or other fresh fruit
- Crème fraîche
- Maple syrup or honey





## Cheese Blintzes

**SERVES 6. HANDS-ON TIME: 55 MINUTES.**  
**TOTAL TIME: 1 HOUR, 5 MINUTES.**

Basically a sweetened cheese-filled crepe, blintzes are cooked again after the filling is added, for a warm, slightly crisp outside in contrast to the soft, creamy inside. It's a beautiful combo.

### INGREDIENTS:

- 4 large eggs
- 1¼ cups whole milk
- 1 cup white whole-wheat flour
- Neutral-flavoured cooking spray (such as safflower or grape seed)
- 340g farmer's cheese (**NOTE:** If you can't find farmer's cheese, substitute with ricotta.)
- 110g cottage cheese
- 2 tbsp Sucanat
- ¼ tsp ground cinnamon, plus additional for garnish
- ¾ unsweetened applesauce
- 6 tbsp sour cream

### INSTRUCTIONS:

**ONE:** In a medium bowl, whisk eggs and milk. Add flour, whisking until smooth. Mist a non-stick pan with cooking spray and heat on low. Add 3 tbsp batter, tilting pan to spread batter in a thin, even layer. Cook on 1 side only until centre is set and edges are starting to brown, 30 to 60 seconds. Loosen blintz with a spatula and invert onto a parchment- or paper towel-lined plate. Stir batter again and repeat, misting pan again with cooking spray as necessary and layering finished blintzes between parchment or paper towels (you should have at least 12).

**TWO:** In a medium bowl, combine cheeses, Sucanat and ¼ tsp cinnamon. Arrange a blintz, browned side down, on a work surface. Spread about 2½ tbsp cheese mixture in a line across bottom third of blintz, stopping 25mm short of each side. Fold in the sides, fold in the bottom, then roll towards the top into a cylinder. Repeat with remaining blintzes, arranging finished ones seam side down on a platter or plate.

**THREE:** Mist a non-stick pan with cooking spray and heat on medium. Working in batches, add blintzes seam side down and cook until golden brown, 2 to 3 minutes per side.

**FOUR:** Arrange blintzes on plates or a platter. Top with applesauce and sour cream, then sprinkle with additional cinnamon. (Alternatively, serve applesauce and sour cream at the table and let guests add their own toppings.)

**NUTRIENTS PER SERVING** (2 BLINTZES, 2 TBSP APPLESAUCE, 1 TBSP SOUR CREAM):

**CALORIES:** 303, **TOTAL FAT:** 14 g, **SAT. FAT:** 7 g,  
**MONOUNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 1.5 g,  
**CARBS:** 26 g, **FIBRE:** 2 g, **SUGARS:** 10 g, **PROTEIN:** 18 g, **SALT:** 225 mg,  
**CHOLESTEROL:** 157 mg **CC**



happy ending

# CHEWY SALTED CARAMEL COOKIES



Almond, coconut and pecan flours combine to create a moist biscuit base while homemade salted caramel and candied pecans top it off for an indulgent (gluten-free!) treat.

BY KARLA KLEIN, PHOTOGRAPHY BY LAURA WRIGHT

## Salted Caramel Pecan Cookies

MAKES 14 TO 16 COOKIES. HANDS-ON TIME:  
40 MINUTES. TOTAL TIME: 50 MINUTES.

### INGREDIENTS:

#### CANDIED PECANS

- 2 tbsp pure maple syrup
- 2 tbsp Sucanat
- ½ cup raw unsalted pecans

#### CARAMEL SAUCE

- ½ cup coconut milk
- ¾ cup Sucanat
- 1½ tsp pure vanilla extract
- ½ tsp sea salt

#### DOUGH

- 2 cups almond flour/meal
- ½ cup pecan flour/meal (**NOTE:** Make pecan flour yourself by grinding pecans in a nut grinder or in a small food processor.)

- 1 tbsp coconut flour
- ½ tsp baking soda
- ¼ cup coconut oil, melted
- 2 tbsp raw honey
- 2 tsp pure vanilla extract

### INSTRUCTIONS:

**ONE:** Preheat oven to 190°C. Prepare candied pecans: in a small saucepan on medium, heat maple syrup and 2 tbsp Sucanat. Heat, stirring constantly, until mixture begins to boil and Sucanat dissolves, about 1 minute. Remove from heat and immediately add pecans. Stir until fully coated. Spread pecans evenly on a large parchment-lined baking sheet and set aside to cool, about 5 minutes.

**TWO:** Prepare caramel sauce: in a small saucepan on medium, combine coconut milk and ¾ cup Sucanat and bring to a simmer, stirring constantly. Once mixture begins to boil, add 1½ tsp vanilla and salt, stirring constantly. Cook caramel until thickened and red-brown in colour, 4 to 5 minutes. Remove from heat, pour into a glass bowl and set aside to cool for at least 5 minutes.

**THREE:** Prepare dough: in a medium bowl, combine almond, pecan and coconut flours and baking soda until well blended. In a small bowl, whisk together oil, honey and 2 tsp vanilla. Pour wet ingredients into dry ingredients and blend using a fork until dough forms. Add ½ cup caramel sauce to dough and mix until well blended.

**FOUR:** Drop 1 tbsp of dough at a time onto a large parchment-lined baking tray, leaving about 5cm apart. Using a spoon, top each biscuit with a dab of remaining caramel sauce and place 1 candied pecan on each biscuit. Bake for 7 to 9 minutes. Remove from oven and set aside to cool on tray.

### NUTRIENTS PER SERVING (1 BISCUIT):

CALORIES: 242, TOTAL FAT: 17.5 g, SAT. FAT: 6 g, MONOUNSATURATED FAT: 7.5 g, POLYUNSATURATED FAT: 3 g, CARBS: 19 g, FIBRE: 3 g, SUGARS: 15 g, PROTEIN: 4 g, SALT: 123 mg, CHOLESTEROL: 0 mg

**NOTE:** Recipe yields extra candied pecans. Use them in salads, on baked goods, over yoghurt or as a snack eaten out of hand.



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